

**Sports** pg 31

**Mooseheads rookie may be back sooner than expected**



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Pooch **Smooch**



Madison Bernardin gets a kiss from Gracie, a standard poodle, at the Halifax Kennel Club's 254th All Breed dog show at Exhibition Park yesterday. The Kennel Club holds five championship dog shows and obedience trials per year at Exhibition Park during February and September.

## Drivers at risk, taxi chief says

Head of cabbie association calls for better security after shotgun incident

**News on the Move**

**What's this bar code for?**

Find out on pg 3



**Food pg 33**



Starting today, our Food section appears every Tuesday to bring you great recipes earlier in the week — and give you more time to plan your weekend entertaining.

**PHILIP CROUCHER**  
[philip.croucher@metronews.ca](mailto:philip.croucher@metronews.ca)

**The acting president of the Halifax Taxi Driver's Owner's Association wasn't surprised to learn a local driver allegedly had a sawed-off shotgun pointed at him from a passenger early yesterday morning.**

What surprises Douglas Brine, a 44-year taxi veteran, is incidents like this don't happen more often.

"Our job is more danger-

ous than a policeman's and we have no one there to back us up," Brine told Metro yesterday.

"It's dangerous." Halifax RCMP say the incident took place around 3 a.m. after the driver picked up a fare at the McDonald's on Windmill Road in Dartmouth and was taking him to Cole Harbour.

When the driver told the 28-year-old passenger he was having trouble finding the address, he pulled over and police say the passenger pulled out a shotgun

### Suspect in court

- The 28-year-old man arrested by Halifax RCMP in this case is due to appear in provincial court this morning, charged with attempted robbery.

from under his jacket and demanded money from the cabbie.

Police say the Bob's Taxi driver then fought with the man, grabbing the shotgun and striking him over the

head. The cab driver was able to subdue the passenger until police arrived to arrest him.

Police took the suspect to hospital, where he was treated for head injuries. The cab driver received an injury to his hand.

"I always say give it up because it's not worth it," Brine said when drivers face an incident like this. "But the guys are frustrated now and they're out there trying so hard to make the money, now it's coming to the point (where) they can't

give it up."

Brine added "this is how bad the industry is getting ... Guys are taking anybody just to make a dollar — taking a chance because our industry has just gone flat" due to too many taxis on the road.

As for making taxis safer, Brine said more needs to be done, but added "taxi drivers don't have the money to secure their cars ... and there's nothing from the city to help."

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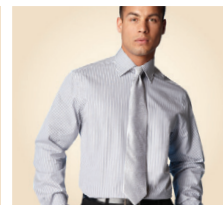
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# Local



## MacIsaac to resign from legislature

Former Nova Scotia cabinet minister Angus MacIsaac, left, is leaving the Nova Scotia legislature. MacIsaac announced his resignation Friday as MLA, effective immediately. The Conservative member for Antigonish says it has been a difficult summer for his family, and he wants to spend more time with them. MacIsaac held on to his seat in the June provincial election while the Tory government went down to defeat. He was Rodney MacDonald's deputy premier. MacIsaac was also a cabinet minister under former Conservative premier John Hamm. **THE CANADIAN PRESS**



## Cops looking into fatal car accident

**PASSENGER** Police are investigating whether alcohol and high speeds played a role in a fatal crash yesterday in Pictou County.

RCMP say a 45-year-old Nova Scotia male driver died and a male passenger was injured when the car rolled over on Little Harbour Road.

Officers say the dead man wasn't wearing a seatbelt at the time of the crash, contributing to his fatal injuries.

They are also looking at alcohol and speeding as "contributing factors" in the crash.

The injured man was transferred to Halifax for medical treatment and remains in stable condition.

The name of the man who died is being withheld until family is notified.

**THE CANADIAN PRESS**

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What's online today.

**Video** The bodies of two Canadian soldiers are on their way home from Afghanistan. A ramp ceremony was held yesterday for Major Yannick Pepin and Corporal Jean-François Drouin who were killed over the weekend by a roadside bomb.

**Video** The crowds were wowed at the Canadian National Exhibition over the weekend as the Canadian International Air Show helped wrap up the annual fair.

**Lotteries**  
Friday, Sept. 4  
Lotto Super 7: 4, 5, 9, 10, 20, 33 & 36. Bonus 3.  
Saturday, Sept. 5  
Lotto 6/49: 12, 13, 27, 32, 45 & 46. Bonus 18.  
These results are not official.

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# Council goes dark in return

First session since summer break in August will be in camera

**KRISTEN LIPSCOMBE**  
kristen.lipscombe@metronews.ca

## Summer vacation is over for city councillors.

Mayor Peter Kelly and the municipality's 23 other elected representatives are scheduled to be back at council table today, starting this morning with what's known as an "in-camera session."

In other words, Halifax Regional Council will discuss several matters behind closed doors starting

at 10:30 a.m., with neither the media nor the public allowed to attend. The open portion of council's first meeting since Aug. 11 starts at 1:30 p.m. today, with an evening session set for 6 p.m.

But before opening chambers to the public, councillors will debate a handful of hot topics privately, including the new World Trade and Convention Centre proposed for downtown Halifax. A couple of "confidential information items" citing "legal

matters" are also included on today's agenda.

Coun. Gloria McCluskey, who represents Dartmouth Centre, said yesterday she doesn't think all items deemed to be in-camera should be debated in secret, including the appointment of citizens and councillors to boards and committees, to be discussed today.

"What's so secretive about it?" she asked. "You apply to get on a board, you don't get on; somebody else gets on."

Kelly said yesterday council must legally go in-camera when it comes to "land, legal and personnel issues."

Councillors also have the option of voting to have certain issues taken off the in-camera list, Kelly said, adding matters often "come out quickly" anyway.

"We've had a lot of reasons to go in-camera," McCluskey said of council lately, adding she's fine with the city's failed sewage treatment plant be-

ing discussed behind closed doors since that's what has been advised. "If the solicitor tells us that we could get in trouble by talking about this in public, then I think we should listen to the solicitor."

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## Tennis anyone? Sunny days expected to continue



Four-year-old Max Monaghan enjoys the sunshine as he plays tennis with his sister Destiny at the Chocolate Lake tennis courts yesterday. The weather forecast calls for the recent run of nice weather to continue over the next few days.

## SUV involved in multiple crashes

**POLICE** The driver of a red SUV struck three different vehicles in Halifax yesterday afternoon — and in each case fled the scene.

Halifax Regional Police say at 2:24 p.m., the SUV ran into the back of another vehicle, causing that vehicle to strike the one in front. The SUV backed up, police say, and drove south on around the accident on

Gottingen Street then onto Bloomfield Street.

That's when near the intersection of Bloomfield and Agricola streets the suspect's vehicle struck the back of another vehicle, which again hit the one in front of it. The SUV then hit the side of a building, police say, then drove south on Agricola, and at the intersection struck a

vehicle coming into the opposite direction.

Police say the suspect then left his vehicle and fled the scene on foot. He was still at large late yesterday, but police say they have a suspect in mind.

Police say there were no injuries in any of the accidents, but extensive damage was caused.

**METRO HALIFAX**

## News in brief

**AWARDS** Lt.-Gov. Mayann Francis presented the health-care workers with the Emergency Medical Services Exemplary

Service Medal at the legislature Friday. The medals recognize people in high-risk professions who have dedicat-

ed themselves to preserving public safety in Canada through long and outstanding service. **THE CANADIAN PRESS**

## Metro Transit to apologize to child?

**AUTISM** Metro Transit is issuing a formal apology to an autistic boy after his family complained about a city bus driver who refused to continue driving unless the eight-year-old stopped screaming, his mother says. But it was unclear last week if an apology will actually occur.

Charlene Croft said Metro Transit agreed last week to draft a written apology for her son Izaak after she and her husband, David, met with two transit officials.

"All parties agreed that the situation was handled poorly," Charlene Croft said in a blog entry posted Thursday. "It will be an apology for the mere fact that this happened in the first place and that it spiralled out of control in the way that it did."

The blog says Metro Tran-

sit has also agreed to apologize to Izaak's day camp director and to produce tip sheets for bus drivers and passengers on how to deal with autistic behaviour.

Lori Patterson, a Metro Transit spokesperson, said Friday that transit officials did meet with the family

but she didn't refer to what the company will do as an apology.

"The meeting gave a chance for both parties to give an airing of the incident from their perspective and it went very well," she said. "Both sides appeared to be satisfied at the conclusion of the meeting."

Patterson acknowledged the family asked for an apology but Metro Transit agreed to send the child a letter "acknowledging that any incident like this is unfortunate." **THE CANADIAN PRESS**

## Man dies in roofing accident

**TRAGEDY** A 54-year-old Cape Breton man has died in a Halifax hospital after falling off staging set up to replace an aging roof.

The accident happened Saturday at approximately 6 p.m. in Sydney Mines.

The Boularderie man was among a group of people helping to replace the roof of his mother's house when

he slipped on the staging, fell and struck his head on pavement.

Cape Breton Regional Police and Emergency Health Services responded to the accident. The man was rushed to the Queen Elizabeth II Health Sciences Centre in Halifax with serious head injuries.

**THE CANADIAN PRESS**



It might've been considered a proper "streak" but for the mask and underwear. Truro Police are asking for the public's help in identifying a man seen running in the area of Brunswick and Burnyeat streets shortly after 6 p.m. Thursday clad only in a black mask and underwear. **TRURO DAILY NEWS**

# Premier walks with labour

## Union leader 'not overly concerned' with future negotiations

KRISTEN LIPSCOMBE  
kristen.lipscombe@metronews.ca

For the first time, the province's premier marched with hundreds of other Nova Scotians through the streets and stepped up to the podium at the annual Labour Day rally, held yesterday in Halifax.

"As many of you know, this is the first time I've been here to speak as premier, but this is not the first time that I have been here," NDP Premier Darrell Dexter told those gathered on the Central Common, who responded with enthusiastic cheers and claps.

Dexter went on to say the Nova Scotia government is forming "a new relationship" with the province's unions, emphasizing his party's "faith in free and fair collective bargaining."

While speaking with reporters afterwards, Dexter recognized that collective bargaining will become more difficult, especially considering the current state of the economy.

But he wouldn't comment on whether his NDP government will have to soon say "no" to unionized workers, or on how tough negotiations could potentially affect his party's popularity.



Hundreds of people march around the Halifax Common during a Labour Day rally yesterday. This year's rally focused on the economic downturn and its impact on working families.

### Focus on economic crisis

More than 400 people, from unions across the province and including politicians from all three government levels, participated in yesterday's Labour Day festivities.

The event focused on the economic crisis, calling for improved employment insurance, better pension protection and job creation.

Democracy.

The first post-election poll shows half of all Nova Scotians surveyed are satisfied with how the new provincial government has performed so far. The New

Democrats were elected in to power this past June.

"We know that there will be stumbles along the way," Dexter said. "But we still have to come to the table and negotiate with

the employees of the province."

Rick Clarke, president of umbrella organization the Nova Scotia Federation of Labour, told reporters he's "not overly concerned" about how negotiations could unfold.

"It's like a family," he said of the importance of working with government. "I've been married for 37 years and we've had differences ... (but) we've worked them out."

# Recommendations 'to save lives': Expert

**HYDE CASE** Police and paramedics should both respond to incidents involving people who are extremely agitated and may be suffering from mental illness, says a report ordered after the death of a man with paranoid schizophrenia.

The report by a panel of medical experts said first responders need to be better trained for dealing with people who are delirious, aggressive and incoherent because those people could be at risk of sudden death.



The 38-year-old Howard Hyde was commissioned by the Nova Scotia government last year after Howard Hyde died in custody 30 hours after he was Tasered by Halifax Regional Police. "Basically it's going to save lives: That's the bottom line," said Stephen Ayer of the Schizophrenia Society of Nova Scotia and a member of the panel. "These are good recommendations."

The report was intended to look into mental health and excited delirium, a controversial condition

### Tasers

The panel stopped short of recommending restrictions on the use of Tasers or other restraints, arguing there wasn't enough data to suggest the powerful devices are linked to any sudden deaths.

that has been disputed by some medical groups in several fatalities, including Hyde's.

Instead, the panel used the term "autonomic hyperarousal state," or AHS, to describe symptoms that include paranoia, combative behaviour, profuse sweating and rambling speech — most of which Hyde reportedly displayed the night he was taken into police custody.

In its list of nine recommendations, the panel said hospital staff and emergency health services personnel must be trained to identify symptoms of AHS, and people exhibiting the physical signs be treated as medical priorities.

The panel also recommended dispatchers be trained to recognize the symptoms so police and paramedics can be sent to a call immediately with a clear protocol on how to respond. **THE CANADIAN PRESS**

# Women workers part of 'Canadian dream'

As she walked around the Halifax Common surrounded by union brothers and sisters yesterday, Ivy Shaw proudly wore a T-shirt featuring Rosie the Riveter, the unmistakable icon for working women across the continent since the Second World War.

"It says, 'A woman's place is in her union,'" Shaw said.

"It's important that

women are involved with their local unions," said Shaw, who is herself a member of the Canadian Union of Postal Workers and is secretary-treasurer of the Nova Scotia Federation of Labour. "Predominantly, women have been paid a lot less than men over the years, for doing the same work."

In fact, Halifax-Dartmouth and District Labour

Council president Kyle Buott pointed out during his speech yesterday that female workers still only typically make 75 per cent of what their male counterparts earn.

Sackville-Eastern Shore MP Peter Stoffer, one of several New Democrats who made an appearance, said during yesterday's march that in addition to lobbying for improvements, it's also

important to pay tribute to those who have fought hard for the benefits workers enjoy today.

"It allows us all to participate in what we call the Canadian dream," he said. "The ability to work hard, the ability to look after your families and the ability to work in a safe and healthy environment."

KRISTEN LIPSCOMBE/  
METRO HALIFAX

# Shellfish ban lifted in some areas

**FISHING** The federal Fisheries Department has lifted a recent ban on shellfish harvesting along the southwest coast of New Brunswick and in parts of Nova Scotia after heavy rainfall left many areas contaminated.

The department issued a statement over the weekend saying shellfish harvesting could resume in those areas affected by the latest ban, but all pre-existing bans

would remain in place.

A department spokesman says there are many areas in southwest New Brunswick still closed due to marine toxins and bacteriological reasons that are not related to the rainfall.

Similar rainfall-related bans recently imposed along the Atlantic coast of Cape Breton and the Annapolis Basin remain in place. **THE CANADIAN PRESS**

# Keno report released

**GAMBLING** Nova Scotia's finance minister has released an assessment of a controversial electronic gambling game as he tries to decide whether to keep or kill Keno.

Graham Steele had earlier promised to make the report prepared by the Nova Scotia Gaming Corp. public as he weighs the game's future.

Introduced last March, Keno has so far not met financial expectations, yielding only \$700,000 — \$1.6 million less than projected. Opponents argue the game, which allows players to pick their own numbers

and monitor draw results on video screens, would further harm problem gamblers.

The Atlantic Lottery Corp. has developed a new marketing program and expects the return from Keno to improve, reaching a break-even point by March 2010. It's estimated that dropping the game altogether would cost about \$3.5 million.

Steele says he wants to consult with all stakeholders including representatives of bars and restaurants, as well as health and gaming officials, before making his decision. **THE CANADIAN PRESS**

# Frosh Week Keeping it green



Mount Saint Vincent University frosh student Matt Cantwell receives a water bottle from Metro Halifax during frosh week celebrations Sunday. Metro is participating in frosh week events at several local universities. We were also at Dalhousie University Sunday, and tomorrow we are going to Saint Mary's University.

### News in brief

**CIGARETTES** Nova Scotia RCMP have charged a Newfoundland man after they seized more than 560 cartons of contraband

cigarettes early Saturday night during a routine traffic stop on Hwy. 104 near Westchester.

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A man determined to protect his yard from an intruder faces criminal charges after he shot a bear with a bow and arrow. The bear died and the Hanmer, Ont., resident escaped injury following an incident yesterday afternoon near Sudbury. **THE CANADIAN PRESS**

# Canada



## MP told of journalist's progress

Liberal MP Dan McTeague says sources in Iran have told him that Maziar Bahari, left, a Canadian journalist detained in Tehran, has been acquitted of all minor charges against him. McTeague says sources close to this case say Bahari, accused by the Iranian government of being a spy, successfully defended himself in a trial on Aug. 12, 2009. Bahari, 42, had been on assignment in the country covering the presidential elections when he was arrested June 21 in a widespread post-election crackdown. **THE CANADIAN PRESS**



Liberal Leader Michael Ignatieff speaks in Vancouver over the weekend. Political leaders are ramping up their rhetoric as a national election looms.

## Politicians ramp up vote rhetoric

**POLITICS** Listen carefully: you can hear the usual Parliament Hill yadda-yadda-yadda suddenly evolving into a higher-form of political blah-blah-blah called campaign messaging.

The rhetoric emerging over the last week is being tweaked and tested and is likely what Canadians will hear repeatedly should there be a fall election.

Liberal Leader Michael Ignatieff got the ball rolling last week when he declared he could no longer support the minori-

ty Conservative government. That's when he first road-tested the phrase, "We can do better," later to be echoed in the party's new national television commercials released over the weekend.

The ads portray the professorial Ignatieff as a friendly, positive man with a wise, worldly perspective that would be a valuable asset in tackling complex economic and environmental issues.

The narrative is that the Liberals offer hope and big

ideas, in contrast to the mean-spirited and small-minded Conservatives.

The party's national director Rocco Rossi made no secret that the Liberals intend to tap into the undercurrent of optimism that characterized Barack Obama's winning 2008 presidential campaign.

"I think hope is always a theme of the best kind of politicians, and what we've had is several years of mean-spirited politics," Rossi said in an interview.

**THE CANADIAN PRESS**

## Two Canadians dead

Roadside blast hits armoured vehicle in Afghanistan

**Maj. Yannick Pepin, the highest ranking Canadian killed in combat in Afghanistan, had lamented the death of two soldiers under his command just five weeks ago.**

On Monday, the bodies of Pepin, 36, and Cpl. Jean-Francois Drouin, 31, were being flown back to Canada after an emotional ramp ceremony at Kandahar Airfield.

They died Sunday in a powerful roadside bomb blast that hit their armoured vehicle on a road southwest of Kandahar, bringing to 129 the total number of Canadian soldiers who have died as part of the Afghan mission since 2002.

Both men were members of the 5 Combat Engineer Regiment based in Valcartier, Que. A military official at the base said Pepin was a native of Victoriaville, Que., and Drouin was born in Quebec City.

Pepin was the commander of the last two Canadian soldiers killed in Afghanistan.

"The loss of these two is



Yannick Pepin

Jean-Francois Drouin

very difficult," Pepin had told reporters Aug. 3, two days after the deaths of Sapper Matthieu Allard, 21, and Cpl. Christian Bobbitt, 23 — also in a roadside explosion.

"But the work will continue," Pepin had said.

Allard and Bobbitt, both combat engineers, were in Afghanistan with the 2e Battalion of the Royal 22e Regiment, based in Valcartier, Que. They had dismounted from their vehicle to secure the area after an initial blast near the town of Senjaray, in the Zhari district, when they were killed by a second explosion.

Improvised explosive devices, or IEDs, are the deadliest weapon facing NATO soldiers in Afghanistan. They have been the cause

of death in the large majority of Canada's battlefield casualties. IEDs are cheap, easy to make and allow the Taliban to exact a high price on NATO troops without having to show their faces. Five others were wounded in Sunday's IED attack; their conditions were described as not serious.

"I want to say part of the population of Canada views negatively the work that we do here," Sapper Alexandre Beaudin-D'Anjou, one of the survivors of the latest blast, said.

"I think the majority of the Afghan population benefit from what we do here. Sadly, there are dangers in this from what you saw yesterday. All the soldiers here feel that we will finish our work for one another."

**THE CANADIAN PRESS**

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## Agency subpoenas senior federal officials

**MILITARY** A military watchdog agency has subpoenaed senior federal officials and is seeking a court order to force the Conservative government to release withheld information concerning the controversial transfer of suspected Taliban fighters into Afghan custody.

The Military Police Complaints Commission is trying to get around what it considers roadblocks to its investigation of allegations that first surfaced in 2007, accusing the Canadian military of handing over prisoners knowing they would probably be tortured.

Sylvain Roy, chief of staff to the commission chair, said the application to the Federal Court involves redacted documents already released to the inquiry.

Investigators believe the records have been overly censored, he said.

### Challenge

• Federal lawyers have challenged the commission's authority to hold hearings into the 2007 complaint by Amnesty International and the B.C. Civil Liberties Association, both of which have already fought a pitched legal battle with Ottawa and lost.

"We were not obtaining the documents required to fulfill our mandate, which is to have an open and transparent investigation," Roy said.

Subpoenas have been served on four former commanders of Canadian troops in Kandahar, the deputy minister and four employees of foreign affairs, and the chief of the Correctional Service of Canada, Roy also added on the investigation.

**THE CANADIAN PRESS**

### News in brief

**COURTS** Canadian legal history could be made this week when a Quebec man finds out whether he will become this country's first drunk driver to be declared a dangerous offender. The dangerous offender designation is usually reserved for the very worst criminals in Canada — like murderers and serial rapists.

**G8** Prime Minister Stephen Harper received the rarest and most expensive gift doled out at the recent G8 summit, a book given by Italian Prime Minister Silvio Berlusconi appraised by one dealer at up to \$460,000. It's a gift more valuable than any recalled by some veterans of international summits and an uncommonly extravagant example of the souvenir trinkets world leaders tend to give each other.

**SECURITY** Border guards are pulling out their guns, batons and pepper spray much more frequently, says a newly released report, suggesting border crossings are becoming more dangerous places. There were 127 so-called use-of-force incidents in the year ending March 31. **THE CANADIAN PRESS**



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# Feds mull risks of tidal power

**Four times a day, the fury of the planet's highest tides surges in and out of the Bay of Fundy.**

The gigantic ebb and flow of 100 billion tonnes of water between New Brunswick and Nova Scotia is recognized as a natural wonder — and now, more than ever, as a massive power plant.

Canada has enough tidal energy to power most of

the country's homes and the lion's share of it lies in this bay, according to Natural Resources Canada.

As early as next week, Ottawa and the government of Nova Scotia will announce whether they'll OK more development in the area — a decision that will draw attention to the potential benefits and risks of this new source.

Only one-2,000th of that

potential has been tapped so far. For 25 years, Nova Scotia has been capturing enough of the clean, renewable energy from Fundy tides to power 6,000 homes.

The 20-megawatt, tidal-power turbine on the river near Annapolis Royal is one of only two spinning in Canadian waters — and one of only a handful in the world. The country

holds more than 40 gigawatts of tidal power, although much of it lies currently beyond reach in the Arctic, far from any electrical grid.

The number of generating stations is expected to rise, especially as countries search for ways to cut back greenhouse gas emissions.

Three companies are awaiting environmental approval from Ottawa and

Nova Scotia to plunk their turbines into Fundy's inner Minas Channel. The governments could give the green light any day.

If approved, the first test unit could be in the water as early as this fall. This project could eventually lead to a larger-scale project in the Bay of Fundy, one of the most promising sites for tidal power on the planet. **THE CANADIAN PRESS**

## Arctic methane leaking

**ENVIRONMENT** You can see them from shore along the Arctic coast or even in some northern lakes — seething domes of water churned up by gas escaping from deep below.

"The largest ones have the feeling of a hot tub," says Scott Dallimore, a scientist with Natural Resources Canada.

"They look like floating hot tubs out in the water. They're bubbling cauldrons of gas. They're quite spectacular."

"They're pure methane." And that's the worry.

Unimaginable quantities of methane — a greenhouse gas 20 to 25 times more potent than carbon dioxide — are stored underground in the Arctic. Some of it is leaking out.

The consequence of all that seeping methane has become one of the biggest questions in climate science. But one thing is certain: The fact it hasn't been factored into previous global warming predictions means forecasts even as recent as the 2007 report from the Intergovernmental Panel of Climate Change are too conservative.

"(Methane) was not considered in any of the predictions at all," says Andrew Weaver, a Canadian researcher and one of the IPCC authors.

**THE CANADIAN PRESS**

## N.L. captain survives 2nd sinking

**FIRE** The captain of a Newfoundland fishing vessel that sank four years ago, setting off a safety inquiry and trial, lost his second vessel Saturday when it caught fire and sank.

Shawn Ralph, 44, and the three crew aboard the Havre aux Maisons all survived the morning fire, which broke out as the vessel motored 134 kilometres off the northeastern coast of the province, said Ralph's father.

The captain lost his first vessel, the Melina and Keith II, when it capsized on Sept. 7, 2005. Four crew members died, but there were four survivors.

He was convicted under the Canada Shipping Act in 2008 with failing to ensure the crew knew how to use lifesaving and fire-fighting equipment and failing to maintain a proper watch. **THE CANADIAN PRESS**

## Missing salmon puzzles observers

**FISH** By now, this much is clear: Millions of sockeye salmon that were expected to swim up British Columbia's iconic Fraser River this summer in what was to be a bumper year for fishermen never made it home.

That's about all anyone knows for sure, and some observers say years of poorly funded science that has yet to answer fundamental questions about the lives of salmon mean it could be a while yet before anyone figures out why so many fish appear to have died at sea.

"From a government perspective, it comes down to cutting and gutting their science and assessment departments," said Scott Hinch, whose research at the University of British Columbia focuses on salmon ecology.

"You could pick just

### Guesswork

• Theories abound over the salmon shortage, ranging from warming water temperatures, new predators, changes to the food supply, sea lice from fish farms.

about any aspect of the management cycle and the scientific assessment, and you can say, 'Well, we used to do this, but we don't anymore.'

This year was supposed to be a big one, with estimates predicting as many as 10.5 million fish would swim up the Fraser after spending two years in the open ocean.

But those estimates have since been dramatically reduced, now putting this year's Fraser sockeye run at just 1.37 million — the lowest on record.

**THE CANADIAN PRESS**



A crew member from the gillnetter Amanda Reid holds up a prized Fraser River sockeye salmon after catching the fish on the Fraser River near Steveston, B.C., in this August 2006 file photo.

THE CANADIAN PRESS/CHRISTOPHER

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## Pandemic a no win situation: Observers

**VACCINE** In the race to get pandemic vaccine into Canadian arms, public health and vaccine regulatory authorities in this country find themselves the reluctant filling in a rock-and-a-hard-place sandwich, knowledgeable observers say.

Doctors who've seen how desperately sick some swine flu patients become are pressing authorities to further fast-track vaccine approval. But a large portion of the public appears reluctant to take the vaccine, a situation that could worsen if fast-tracking deepens suspicions about its safety.

Those concerned about global equity are urging countries with vaccine contracts to stretch sup-

### Flu Outbreak

plies by using boosting compounds called adjuvants so developing countries can also get some serum. Dr. Ross Upshur, director of the University of Toronto's Joint Centre for Bioethics,

sums up the dilemma that authorities managing the pandemic vaccine face. "They're going to get enough vaccine for everybody to have it; nobody's going to want it, and any sequence that they can come up with of who gets it first isn't going to satisfy anybody because somebody has to go second," Upshur said.

**THE CANADIAN PRESS**

### Sparing use

• WHO has asked countries with first access to pandemic shots to employ vaccine-saving approaches.

**German customs officer injured in explosion**

Police say a customs officer at Frankfurt Airport injured his hand when a package exploded while en route through the mail. **THE ASSOCIATED PRESS**

# World



## British cop pleads guilty

A former British child abuse detective has pleaded guilty to having sex with a 15-year-old girl whose family he had befriended during an investigation. Andrew Rowe hung his head after admitting he committed five sexual offences earlier this year. He entered his plea yesterday in Birmingham.

THE ASSOCIATED PRESS

## Sudanese woman convicted of wearing pants, spared flogging

**A Sudanese woman journalist was convicted yesterday of public indecency for wearing trousers, but was spared a sentence of flogging.**

A defiant Lubna Hussein said she would not pay a \$200 fine and would take a month in prison instead to protest Sudan's draconian morality laws.

The 43-year-old has set out to challenge the police and courts since her arrest in July by insisting the case go to trial, aiming to embarrass the Khartoum govern-

**"I pray that my daughters will never live in fear of these police."**

Lubna Hussein

ment with the publicity. Her prosecution — and the prospect that she could get the full sentence of 40 lashes — drew an international outcry.

"I will not pay a penny," Hussein, who during the court session wore the same

trousers that sparked her arrest, told The Associated Press after the ruling.

During the session, police rounded up about 40 women protesting outside the courthouse in support of Hussein, some of them wearing trousers as well in a sign of solidarity.

Lawyers said Hussein would be taken to a jail after she refused the fine.

In a column Friday in the British daily Guardian, Hussein said her case is not an isolated one but is emblematic of repressive laws in a

country with a long history of civil conflicts.

"When I think of my trial, I pray that my daughters will never live in fear of these police," she wrote.

THE ASSOCIATED PRESS

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Scan this barcode for more World news on your smartphone. Find out how to scan this barcode on pg 3

## Three convicted in transatlantic jet plot

Three British Muslims were convicted yesterday of plotting to murder thousands by downing at least seven trans-Atlantic airliners in simultaneous attacks designed by al-Qaida to be the deadliest terrorist strike since Sept. 11, 2001.

Abdulla Ahmed Ali, 28, Assad Sarwar, 29, and Tanvir Hussain, 28 were found guilty in Crown Court in London of leading a 2006 plan to detonate bombs on aircraft bound for the United States and Canada, using liquid explosives hidden in soda bottles.

Four other men were acquitted of conspiring to bomb airliners, but admitted to lesser charges — in one case conspiracy to murder. An eighth man was cleared completely.

The case brought sweeping new restrictions for air passengers, including limits on the amount of liquids and gels they can take on board.

British and U.S. security officials said the plan was



directly linked to al-Qaida and guided by senior Islamic militants in Pakistan.

Authorities estimate that, if successful, about 2,000 passengers would have died. Had the bombs been detonated over U.S. and Canadian cities, hundreds more would have been killed on the ground.

Britain's Home Secretary Alan Johnson said the plot would have brought "murder and mayhem on an unimaginable scale."

Britain's MI5 spy agency believes the group planned to strike as many as 18 jetliners in two waves of bombings, and provoke further panic with attacks on U.K. power stations. Police say some would-be second-wave suicide bombers have likely evaded arrest.

THE ASSOCIATED PRESS

## Obama praises labour movement, asks for help on health care

U.S. President Barack Obama declared yesterday that modern benefits like paid leave and minimum wage "all bear the union label," as he appealed to unions to help him win the health care fight in Congress.

Shortly after becoming president, Obama confronted a rapidly deteriorating economy, a clogged credit system, failing or ailing banks and a shaky stock market.

He used his speech on yesterday's Labour Day holiday to tick off a host of steps his administration has taken to steady the economy, and he made a special pitch for the health care overhaul he has pushed.

"We have never been this close," Obama said. "We have never had this broad



U.S. President Barack Obama waves after his speech at the AFL-CIO Labour Day picnic in Cincinnati yesterday.

an agreement on what needs to be done." He accused vested interests of trying to thwart his attempts to bring health care to all Americans. Some union-circulated posters held up by audience members pro-

claimed, "Health Care Can't Wait."

For their part, some elements within the labour movement have indicated frustration with Obama — who was in Cincinnati to speak to a state AFL-CIO

gathering — because some key items such as legislation making it easier for people to join unions has languished in Congress. To vigorous cheers, Obama made a pitch for the bill in his speech. He also noted that the first bill he signed into law was one guaranteeing equal pay for equal work. Obama spent a good deal of his time extolling the virtues of the union movement.

"It was labour that helped build the largest middle class in history. So, even if you're not a union member, every American owes something to America's labour movement," said Obama, whose run for the presidency was energized in no small part by unions.

THE ASSOCIATED PRESS

## Iran defies UN, new sanctions loom

**NUCLEAR** Iran veered closer toward the possibility of being slapped with tough new international sanctions yesterday after its president refused to stop enriching uranium and the UN nuclear watchdog warned of a "stalemate" with the country.

President Mahmoud Ahmadinejad said Tehran is

ready to talk with world powers about unspecified "global concerns" — but he insisted his government will not halt uranium enrichment.

International Atomic Energy Agency chief Mohamed ElBaradei urged Iran to "substantively re-engage" with the international community. **THE ASSOCIATED PRESS**



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Palestinian construction workers build a new house in a Jewish West Bank settlement on the outskirts of Jerusalem yesterday.

## Israel OKs West Bank homes

Israel officially approved the construction of hundreds of new homes in the West Bank, the Defence Ministry said yesterday, deepening an already unprecedented rift with the U.S. over Israeli settlement expansion.

The construction is the first approved by the government of Prime Minister Benjamin Netanyahu, who

is under heavy U.S. pressure to freeze all settlement activity on captured lands claimed by the Palestinians for a future state.

Netanyahu, trying to placate the Americans, has said the newly approved homes are a prelude to a freeze, but that's been a tough sell internationally because Israel also plans to complete an additional 2,500 homes

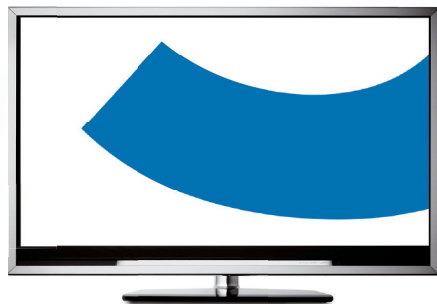
already under way.

Under the order, Defence Minister Ehud Barak authorized construction of 366 new apartments, the Defence Ministry announced. An additional 84 new apartments will be approved in the near future, bringing the total number to 450, the ministry said.

The order includes permission to proceed with construction of a new set-

tlar enclave in the Jordan Valley, an area that is considered vital to a future Palestinian state because of its rich farmlands and location deep inside the West Bank.

By rebuffing U.S. pressure, Netanyahu has tried to cement the support of a coalition that is committed to strengthening Israel's control over the West Bank. **THE ASSOCIATED PRESS**



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## Examination of Afghan vote raises questions

**TALLY** At the Afghan polling station called Haji Nehmetullah House, every one of the 725 votes cast during the country's Aug. 20 election went to President Hamid Karzai. At another site, Haji Akhtar Mohammad House, the incumbent got each of the precisely 400 ballots cast.

Allegations of ballot box stuffing, voter intimidation and other fraud have been lodged from all corners of the country following last month's presidential contest. An Associated Press examination of returns shows what officials said yesterday appear to be highly suspicious — and improbable — results.

Stations across Afghanistan's south gave Karzai 200, 250 or 500 votes, according to figures compiled by the Independent Election Commission. Observers say these neatly rounded numbers show patterns of fraud consistent with allegations that large-scale vote rigging

**800** A Western elections expert said there could be as many as 800 fake polling sites in remote areas.

took place in dangerous regions that observers couldn't reach.

A senior Western diplomat alleged yesterday that a majority of the votes in three provinces — Kandahar, Paktika and Khost — are fraudulent. Partial returns from each of those provinces heavily favour Karzai. The diplomat spoke on condition of anonymity because of the sensitive nature of his work.

Afghan and international officials had predicted that vote fraud would occur, but hoped the election would be credible overall. Instead, the scale of the accusations and the questionable returns has thrown the ballot process in doubt. **THE ASSOCIATED PRESS**

## Japan's next PM promises big greenhouse gas cut

**EMISSIONS** Japan's incoming prime minister, Yukio Hatoyama, promised yesterday to aim for a 25 per cent reduction in greenhouse gas emissions by 2020 — among the most ambitious cuts proposed by an economic power and significantly more aggressive than the current plan.

The reduction, which will be measured from 1990 levels, was immediately hailed by environmentalists, who

are watching target proposals closely ahead of a major international climate conference in December. Prime Minister Taro Aso's current plan was to cut emissions by about eight per cent.

Hatoyama leads the Democratic Party of Japan, which won last month's elections in a landslide, pushing Aso's party from power for only the second time in more than 50 years.

**THE ASSOCIATED PRESS**

### News in brief

**FIRES** Firefighters plan to burn back heavy brush to contain the deadly fire north of Los Angeles, so residents of the foothill cities near the San Gabriel Mountains should expect to see more smoke boil-

ing out of the Angeles National Forest. As the Station fire entered its thirteenth day yesterday, officials said the blaze was 56 per cent contained at 637 square kilometres.

**THE ASSOCIATED PRESS**

# Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONews.CA

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## Comment

# Defining Iggy's image

## National Report

**Lawrence Martin**

metronews.ca/nationalreport

The Liberal campaign slogan, as revealed in its new TV advertising, is "We can do better." The one good thing about the mediocre ads is no one can argue with that premise. The country can always do better. That won't strike many as justification for trying to force an election. But Canadians aren't going to want an election six months from now either.

When Michael Ignatieff is asked to justify a campaign he should just follow up on the advertising theme and say, "Because I think I can be a better prime minister." That would be the honest response. It isn't because there is some single pres-

ing issue on which his Liberals have a magic answer. It's about ego.

The commercials, one in English, two in French, do not, like Conservative ads, feature scuzzy personal attacks. What is curious about them is they try to portray Ignatieff as a man of the people. In the English-language ad, he is standing in a regular blue shirt with a forest as the background — like he is getting ready to lead a

boy scout troop on a hike.

This ordinary-guy pose is obviously designed to defray criticism that he is an ivory-tower elitist. But the Liberals should be careful here. The party pursued Ignatieff and made him leader not because he was a conventional political type but because he was deemed to be exceptional. Canadians, one suspects, would prefer the exceptional — not another run-of-the-mill political hack.

The English language ad does portray him as thinking in bigger terms about the country. That's refreshing because what has grated about the Harper government is its negativity and small-minded-

ness. Like oth-

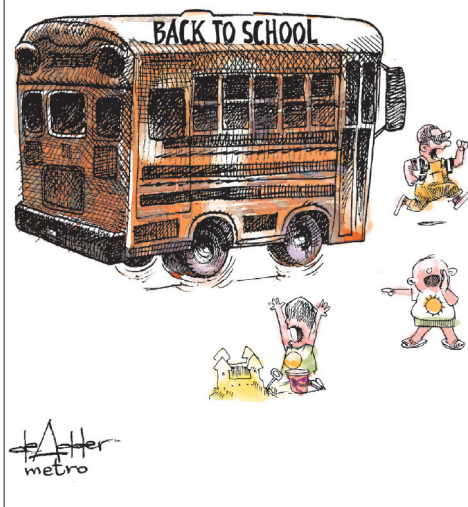
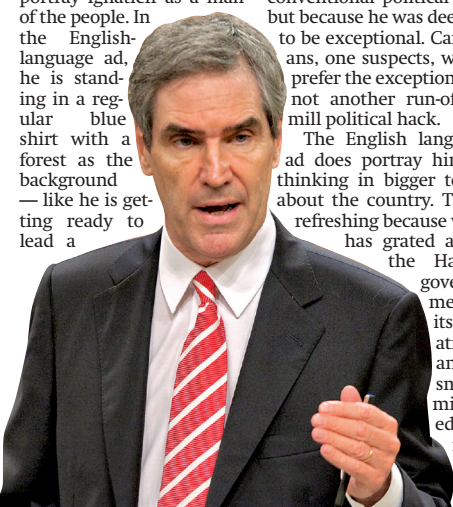
er career politicians, Harper views politics as a mud-fight. Iggy didn't come from that culture and must not descend to that level.

The election result will pivot on the image of him that emerges. Harper is a known quantity. He is reasonably competent, but unlikely. The image is not about to change. Ignatieff, on the other hand, has yet to define himself. To try to do so during a campaign is risky business. This will be Harper's fourth campaign. He is still only 50. Ignatieff, 62, will be running his first national election.

If he runs a smart campaign and generates excitement as a leader of promise, the one who makes the country do better, the Liberals will win.

If he is ambiguous and stumbles, the Conservatives will cruise to another victory.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



## Worth mentioning

# Report urges improved reading, writing skills

Children who aren't reading well by the end of Grade 3 are at risk of dropping out or failing to graduate, warns a new report released as kids get back to their school routines.

But just because youngsters are attending classes, it doesn't necessarily mean they're mastering those all-important reading and writing skills in an expected time frame.

At least 30 per cent of students don't have sufficient reading or writing abilities by the end of Grade 6, says the report by the Canadian Education Statistics Council.

The report notes that about five million students are returning to school, but

if nothing changes, at least one million won't graduate.

"A large number of students who are failing to complete high school are

failing to complete because they haven't picked up a golden ticket along the way," says principal investigator Julia O'Sullivan, dean of education at the University of Western Ontario in London, Ont.

"And the golden ticket, as far as I'm concerned, is the ability to read and write well enough to support success in school."

One of the problems, she argues, is the emphasis on teaching reading and writing in Canadian schools begins to fade after about Grade 4. **THE CANADIAN PRESS**

**46**

Melody Parubocz, executive director of the Movement for Canadian Literacy, says approximately 46 per cent of adults in Canada aged 16 to 65 don't have literacy skills at the level needed to function fully in our information-based society.

## Views

# Canada needs a new security watchdog



**Reg Whitaker**

Security and intelligence problems keep popping onto the national agenda, even though very few of us want to see them there. Over the past several years, Ottawa has set up three special public inquiries into national security issues, and at least two other issues have raised calls for more inquiries.

Continually calling new inquiries is not good public policy. Each such inquiry is a one-off, expensive and time-consuming, and the expertise assembled for each inquiry is dispersed at the end, while the next inquiry has to start from square one.

Ongoing accountability mechanisms form a poor patchwork, covering only parts of the process, able to report only on their own narrow institutional stovepipes. The report on Omar Khadr's situation was an all-government position, especially involving foreign affairs, whose intelligence activities are not subject to any ongoing scrutiny.

Over the years, each move to extend accountability has simply extended the patchwork, with highly uneven results. CSIS receives relatively good scrutiny. The RCMP, on the other hand, is inadequately scrutinized for both its national security and its law enforcement activities, as the pres-

ent and past chairs of the RCMP Public Complaints Commission have insisted publicly. Yet, as a result of the Maher Arar report, the commissioner of the RCMP was forced to resign.

It is time to institute an effective ongoing accountability process for the entire security and intelligence community, one that will remain in place ready to investigate and report on any and all issues that come up, without having to call for special, one-off inquiries. The government has promised to do just this, but action has not followed. Justice Dennis O'Connor made wide-ranging policy recommendations in the Arar report, yet almost three years have passed with no visible response.

O'Connor recognized

that the practice of security intelligence in the age of global terrorism has changed. Where stand-alone agencies once conducted their own operations on their own turf, today integration is the key: Integration across agencies, and across government jurisdictions. O'Connor pointed out that if accountability is to be effective, it must also be integrated. He proposed a set of institutional and legal mechanisms to achieve this. These should be at the heart of any reform package.

Better accountability in national security is in everyone's interest. This ball is now in the government's court.

Reg Whitaker is an adjunct professor of political science at the University of Victoria.

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Regulators on Friday shut down banks in Missouri, Illinois and Iowa, pushing to 88 the number of U.S. banks that have failed this year under the weight of the soured economy and rising loan defaults. **THE ASSOCIATED PRESS**

# Business

EDITOR: FERMIN.DESOUZA@METRONEWS.CA



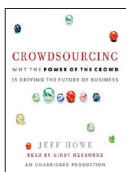
## Madoff probes bungled: Report

The official at the Securities and Exchange Commission who later would marry Bernard Madoff's niece told investigators this year that if he had carefully reviewed a complaint about the disgraced financier's business, he would have investigated more deeply, a new report shows. The 477-page document, released Friday evening, paints in excruciating detail how the SEC probes of Madoff were bungled over 16 years. **THE ASSOCIATED PRESS**

## The power of crowds

### Crowdsourcing

**Author:** Jeff Howe  
**Publisher:** Crown Business  
**Price:** \$32.00



**REVIEW** Imagine you could run a business that allowed you to be creative and have great work-life balance, and all the nitty-gritty work gets done by thousands of other people. Doesn't sound any different from your your regular CEO gig, does it?

How about the part where you are the only one collecting a paycheck ... and no, I'm not talking about slavery.

Jeff Howe, the author of *Crowdsourcing*, examines this change in how businesses operate and generate new ideas. Howe argues that by using crowds, often online communities, businesses are able to create a higher level of engagement with their customers.

Using examples such as how Threadless.com came to be the T-shirt juggernaut of the world wide web, or how iStockphoto over took Getty Images in the stock photo game, Howe paints an impressive picture of why companies like Procter & Gamble are starting to take notice of the power of crowds.

**CRAIG LUND**  
FOR METRO CANADA

Craig Lund, a director with the staffing firm Marketers on Demand, can be reached at [craig.lund@marketersondemand.com](mailto:craig.lund@marketersondemand.com)

## Fans awaiting Apple news

**Once again, it's time to peer into Apple Inc. CEO Steve Jobs' cup and try to read the tea leaves.**

Apple, as usual, has said almost nothing about the new products it plans to unveil at an invitation-only affair tomorrow in San Francisco. Bloggers and Apple fans have filled the vacuum with "leaks," rumours and wish-list items that, while often far-fetched, can't com-

pletely be ignored. Sometimes, a bit of truth shines through.

In recent years, the California-based company has used its September event to unveil new iPods, which have grown smaller, sleeker and more powerful with each new generation. This year's event is along the

**Apple CEO Steve Jobs**



same lines, if Apple's email to reporters is any indication. The invitation looks like an iTunes gift card and features one of Apple's iconic, iPod-toting silhouettes and the words, "It's only rock and roll, but we like it," a reference to a 1970s Rolling Stones song.

That still left room for creative speculation. Detail-starved bloggers took a close look at the image and noted the headphones jack into the iPod at the bottom — making it an iPod Touch, not an iPod classic.

[m.metronews.ca](http://m.metronews.ca)



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The observation has added weight to one rumour that Apple could discontinue the classic.

Apple watchers are also looking out for the ninth incarnation of iTunes.

**THE ASSOCIATED PRESS**

### Business in brief

**AUTO** Koenigsegg Group AB has secured the extra financing needed to complete the acquisition of Saab Automobiles from General Motors Corp., the Swedish government said

yesterday. Koenigsegg Group signed a deal to buy the troubled Swedish car brand in August, but said about 3 billion kronor (\$417 million US) were missing. **THE ASSOCIATED PRESS**

**METRO** Metro Halifax will be increasing its daily circulation from 30,000 to 35,000 copies effective Sept. 8, an increase of 40 per cent since its launch Feb. 14, 2008. With the increased

press run and a strategic distribution plan, Metro Halifax seeks to increase its footprint and build a stronger presence in Dartmouth and surrounding areas. **METRO NEWS SERVICES**

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# YOUR GUIDE TO FROSH WEEK

Tuesday, September 8, 2009

metronews.ca

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## By the numbers

With a population of close to 373,000, Halifax Regional Municipality is the largest city east of Quebec City and north of Boston. [HALIFAX.CA](http://HALIFAX.CA)

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## Frosh Guide

# Halifax 101

SPECIAL FEATURES EDITOR: [STEPHANIE.BOMBA@METRONEWS.CA](mailto:STEPHANIE.BOMBA@METRONEWS.CA)

Marie Huckle works on her laptop in front of the McNally Building at Saint Mary's University last week.



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Tuesday, September 8, 2009

Laptop fashion

Carry your laptop around in style with this Golla Sleeve, which fits most nine-inch laptops. Available for \$34.99 at Future Shop, futureshop.ca. METRO NEWS SERVICES

# A guide to who's who

METRO HALIFAX  
halifaxletters@metronews.ca

## Want to know who's who in Halifax?

Since you're probably new in town, we here at Metro thought we'd introduce you to some of the faces that, if you don't recognize them already, will quickly become familiar to you as you become more comfortable here.

And really, that shouldn't take long in a city known for its friendly people (well, that, and its pubs).

So, in alphabetical order, here are some of Halifax's finest to welcome you to your new home.

### ANDRE LEVINGSTON

**Owner, Halifax Rainmen**

Levingston, arguably the best-dressed man in Halifax, is often seen wearing slick suits and a snazzy fedora. But he wears many hats for the Halifax Rainmen as the team's owner, president, chief executive officer and general manager.

The Rainmen are a Pre-



Darrell Dexter is the first NDP premier in Nova Scotia. He won a majority government in June's provincial election.

intends to put the pride, heart and determination — the Mooseheads' three pillars — back at the forefront at the Metro Centre.

### DARRELL DEXTER

**Premier of Nova Scotia**

Darrell Dexter helped make history in June when he became the first NDP premier in Nova Scotia.

While some — unbelievably — worried it would spell the end of capitalism as we know it here, Dexter is enjoying an extended honeymoon period with voters, thanks to some smart early decisions in office.

In fact, a recent poll showed support for Double D at 53 per cent.

Cole Harbour's Dexter isn't a flamboyant, shoot-from-the-hip kind of premier, and you won't see him outduelling Newfoundland and Labrador's Danny Williams for sound bite of the year. But he does seem to be a fighter, ready to drop the gloves for his province when called upon.

CONTINUED ON NEXT PAGE



Andre Levingston is owner of the Premier Basketball League's Halifax Rainmen. He's also one of the finest dressers in this city.

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This HP Photosmart Plus All-in-One allows users to print homework from anywhere in the dorm room. Retail for \$179. Go to [hpshopping.ca](http://hpshopping.ca) for more. **METRO NEWS SERVICES**



**frosh guide: halifax 101 15**

**ELLEN PAGE**

**Actress**

From Halifax to Hollywood, Ellen Page is an actress known for her natural talent, not her attitude.

At age 22, she's already garnered both Golden Globe and Academy Award nominations for her role as a pregnant teen in *Juno*.

Worldwide fame hasn't stopped her from remembering her Nova Scotia roots though. In fact, you might just see her hanging out in her hometown, so keep your eyes peeled for Page when grabbing a coffee, strolling along Spring Garden Road or out for a sushi dinner (supposedly her favourite food).

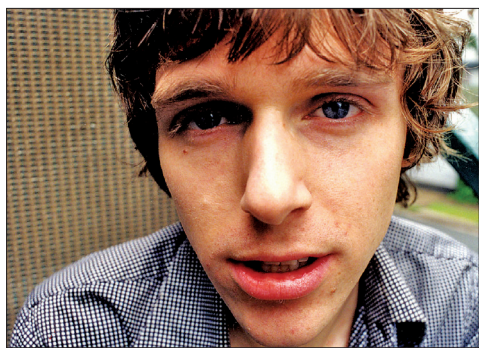
Page is well-known for major roles, such as Kitty Pryde in *X-Men: The Last Stand*, but she's also starred in gritty flicks such as *Hard Candy* and played Treena Lahey on *The Trailer Park Boys* (which, by the way, was filmed here).

**JOEL PLASKETT**

**Musician**

Hey good lookin,' why the frown? Chances are local musician Joel Plaskett can turn it upside down.

When it comes to rock music in this city, everyone take a back to seat to



Local musician Joel Plaskett lives in Dartmouth.

Plaskett. He's a resident of Dartmouth, that city across the harbour, and his monster hit *Nowhere with You* is pretty much an anthem in these parts.

Plaskett has won countless East Coast Music Awards — five in 2009 in case you're wondering — and has even gotten online props from self-proclaimed "queen of all media" Perez Hilton.

You'll most likely have several opportunities to hear him play throughout the school year, since Plaskett loves performing at home, which he did before 50,000 fans in July as the opener for Sir Paul McCartney. Not a bad gig, eh?

**MEGAN LESLIE**

**Halifax MP**

Talk about some big orange shoes to fill. Rookie MP Megan Leslie is representing the province's biggest city — and has taken over the throne for the woman who was Halifax's long-reigning queen of politics.

Alexa McDonough, former federal and provincial NDP leader, announced she wouldn't re-offer her Halifax seat prior to the last federal election. Leslie snagged the NDP nomination for the riding, and then held onto the seat for her party during last fall's federal election.

While new to the politi-

cal arena, many feel the sky is the limit for the 35-year-old Leslie, a former Dalhousie University legal aid worker who is bright, articulate, approachable — and stylish.

**MAYANN FRANCIS**

**Lieutenant-Governor**

Even if you think the position is a waste of taxpayers money, Lt.-Gov Mayann Francis is big cheese around here, and deserves our respect as the province's representative of the Queen.

Francis has held the position for three years and is well-educated, well-spoken and always comes across as kind.

More importantly, she knows how to throw a wicked summer garden party, a gathering where one can enjoy themselves by simply looking at all the stylin' hats worn by the ladies.

Normally, our province's lieutenant governor gets to live in the swanky digs of a mansion off Barrington Street, but it's being renovated right now, so Francis has been sticking it out in her own condominium with her beloved cat, Angel.

CONTINUED ON NEXT PAGE



Worldwide fame hasn't stopped actress Ellen Page, who starred in the film *Juno*, from remembering her Nova Scotia roots.

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&gt;&gt; CONTINUED FROM P. 15

**PETER KELLY****HRM Mayor**

It seems like Mayor Kelly has been at the helm of Halifax Regional Municipality for an eternity, but in reality it's only been nine years.

He won a third-straight landslide election last October and, unless a rumoured jump to provincial politics takes place, he's your main man in Halifax. When it comes to Kelly, it

seems you either love him, or love to hate him.

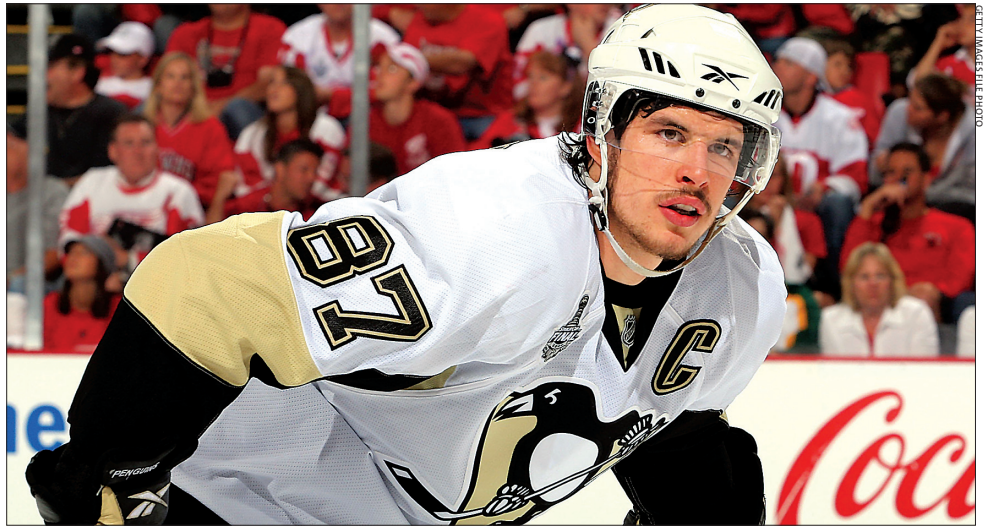
He shows up to every tea party and community event around here and shines when disaster strikes. Still, he is also looked at by many as a fence-sitter, afraid to come out on either side of a hot-button issue for fear of getting burned. He also draws wrath for being anti-down-town development, an issue you'll be sick of hearing about by the time graduation rolls around (trust us).

**PETER MOORHOUSE****Halifax Fusion Founder**

Peter Moorhouse's name may not be as well-known as some others on this list, but perhaps it should be, especially by university and college students.

Moorhouse was chairman on the founding board of directors for Fusion Halifax, an organization created a couple of years ago for local young professionals. The group's website says it was created "for young people, by young people" to ensure the voices of 20- to 40-year-olds are fully heard.

Moorhouse himself is director of Investor Relations



Sidney Crosby is our hometown boy as his Stanley Cup win with the Pittsburgh Penguins in June brought out more than 70,000 people to a parade in his hometown of Cole Harbour last month.

for the Greater Halifax Partnership and serves on the Board of Directors of Junior Achievement Nova Scotia.

But he's not the only young professional behind Fusion Halifax, so check out the group's website for more information on how it's fighting for everything from affordable housing

and environmental sustainability to job creation and economic development.

**SIDNEY CROSBY****Hockey superstar**

You already know who Sidney Crosby is, but here's what you need to know if you just showed up from out-of-province: Don't get

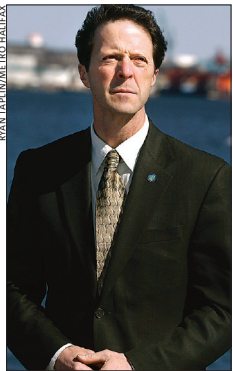
caught bad-mouthing Sid the Kid if you're out trying to make friends. The 22-year-old hails from Cole Harbour, adjacent to Dartmouth, and is revered in these parts.

He starred for the Dartmouth Subways in his teenage years and still has close ties to the city, with plenty of childhood friends

and a home on the outskirts of the municipality. So we suggest you go pick up your No. 87 Crosby jersey now and start cheering on the Pittsburgh Penguins in their quest for another Stanley Cup.

KRISTEN LIPSCOMBE,  
PHILIP CROUCHER AND  
MATTHEW WUEST

CONTRIBUTED TO THIS REPORT



Halifax Regional Municipality Mayor Peter Kelly has held his position for nine years and is someone very much out in the community.

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- Travelling South on Hwy 118 (from Fall River toward Halifax/Dartmouth) follow Hwy to Halifax/Burnside and exit onto either Wright Ave or Commodore Dr.
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## Deals online

Looking for a deal on school supplies like laptops and textbooks? Log on to wishabi.ca, which enables price and value comparison of more than three million products for both local and cross-border shopping. **METRO NEWS SERVICES**

frosch guide: halifax 101 **17**

# Tech goodies for every student

RAFAEL BRUSILOV  
for Metro Canada



**Eyes and ears up here!**  
Class is creeping closer so make sure you're prepared with the right tech goodies to get you started (or at least enjoy the final waning days of summer).



**Artistic and smart**  
With advanced auto-focus tracking to keep moving

objects sharp, a super-wide-angle zoom lens and creative in-camera filters, the **Olympus FE series** offers some feature-loaded cameras. The three cameras in the series, available in a variety of pastel colours and ranging in price from \$129.99-\$189.99, offer the same 12-megapixel capability and a powerful Intelligent Auto setting. The function adjusts for shadows

and decides which scene setting to use, doing the hard thinking for you and letting you focus instead on getting great shots. Fun "Magic Filters" let you take distinctive shots quickly that simulate a fish-eye lens effect, the look of a pin-hole camera, wedding-ready photos with softened edges or even Warhol-esque pop art-style photos with enhanced, saturated colours



— perfect for a hip Facebook profile pic.

## Sports warrior

Both waterproof and sand-proof, the **Fuji Z33WP Waterproof Whiz** 10-megapixel camera is the perfect beach buddy for capturing the last fun moments of summer. The camera, which retails for \$229.99, comes in four colours: green, pink, blue and black. Built-in face detection tech-

nology keeps focus sharp in group shots and Intelligent Scene Recognition ensures the best possible pictures no matter what kind of light you shoot in. A Blog Mode also offers an optimal way to quickly shoot and upload photos to sites like Twitter and Facebook, meaning it's never been easier than ever to reveal to the online world just how out-of-shape (and unaware of it) your friends are.

id choice that lies snugly between touch-only iPhones or type-only BlackBerrys.

## No signal? No problem

Since weak signals and per-minute charges have been the bane of all cheapskates and travellers since the invention of the cellphone, the **Nokia 7510** flip-phone definitely goes against the tide. Available on for \$49.99 with a three-year contract at Rogers Wireless, this Wi-Fi enabled phone features the ability to talk through a wireless Internet hotspot (via UMA technology) instead of on the regular network — meaning you could chat for free, even without a cellphone signal, as long as you had wireless Internet access nearby. Students will love the fact that the phone can take a call on their wireless connection in their dorm room and seamlessly switch to the GSM network when they walk outside without dropping the call.



## Not to be missed...

Technology always finds ways to give you new capabilities you never knew you needed and this back-to-school season is no exception.

### Small pictures can say big things

Printing from the palm of your hand can be both fun and practical with the **Wasabi Ultramobile Photo Printer** (starts at \$189, but is currently available for \$99 at dell.ca). This printer is a neat little



wonder that definitely surprises with its usability and design. Small enough to hold in one hand, the Wasabi can connect to your mobile phone or other wireless devices through Bluetooth or a regular USB connection. The printers use no ink at all, instead printing two-by-three-inch photos on special ZINK paper, which has colour crystals embedded into it that are heated by the printer to create photos. The diminutive

printer holds up to 12 ZINK sheets, which come on an adhesive backing, ready for sticking inside lockers or onto binders.

### Data transfer without all the mumbo-jumbo

Lovers of the iPod and iPhone might just fall in love with the cute, convenient little **Click-free Transformer SE** (\$49.99-\$79.99 at clickfree.com). It connects to your iPod or iPhone through the USB connection and lets you use the



massive leftover storage space on your device or transfer new music files without risking deleting any existing files, all without having to connect through a computer or use any special software. It also backs up your MP3 and data files on your iPhone or iPod with ease and can even be used to extract data should your device (or its battery) decide to head to tech-heaven a little too soon.

RAFAEL BRUSILOV/  
FOR METRO CANADA

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A recent national survey of Canadian teachers, conducted by Leger Marketing for Best Buy Canada, showed that 72 per cent of respondents consider USB keys a critical tool for students. **METRO NEWS SERVICES**



# Your guide to the best of Halifax

RICHARD WOODBURY  
for Metro Halifax



New in town and need some help on finding your way around? Don't worry. From where to buy books to where to go for a pint, Metro's got you covered.

## Where to eat out on a budget

The quest for cheap eats is synonymous with student life. Grabbing a slice of pizza is a given, but here are five other places in the city to consider:

**1 Venus Pizza** (1558 Barrington St., 425-8882): Go for the chicken shawarma, considered the best in the city.

**2 Willy's** (5239 Blowers St.): Halifax isn't known for its cheese steak sandwiches, but Willy's just might change that.

**3 Euro Pizza** (31 St. Margaret's Bay Rd., 479-7979): Living in Halifax isn't complete with-



Grabbing a slice of pizza with friends is a given — especially if you're looking for cheap eats. But there are many other options available to you in Halifax.

out eating a donair and Euro is the place to try one.

**4 Blower's Street Paper Chase Newsstand & Cafe** (5228 Blowers St., 423-0750): A popular spot with the university crowd for its affordable down-home cooking.

**5 Tarek's Café** (3045 Robie St., 454-8723): Offers up healthy Middle Eastern fare at reasonable prices.

**Where to get books on the cheap**  
Great coffee, complimentary Wi-Fi access for laptop

users and used books for sale make the **Trident Booksellers and Cafe** (1256 Hollis St., 423-7100) a great spot to unwind and relax or work on that big term paper.

If you're looking for used copies of university textbooks outside of the

school bookstore, your best bet will be **Buy the Book and More Ltd.** (1 Flamingo Dr., 445-5033).

## Where to meet boys/girls

So if you're looking to meet boys/girls, you can always hit up the bar scene, but

the best place really depends on who you are and what your interests are. Get involved with societies and clubs on campus to find people with similar interests. Cafes also work. And there's also **Pizza Corner** after a late night of drinking.

CONTINUED ON NEXT PAGE

Think meal plans are just for residence students?

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## Technology key

More than half of Canadian teachers interviewed consider laptops essential for students, according to a recent survey conducted by Leger Marketing for Best Buy Canada, showed that. **METRO NEWS SERVICES**

frosh guide: halifax 101 **19**

## Best places to go drinking

When it comes to drinking in Halifax, you won't go thirsty. Here are our picks:

**1 The Dome** (1726 Argyle St., 422-6907): Arguably the city's most popular bar, plus it's open until 3:30 a.m.

**2 Gus' Pub** (2605 Agricola St., 423-7786): A renowned spot to see indie music from across the country.

**3 The Bitter End** (1572 Argyle St., 425-3039): Has an incredible selection of amazing martinis. Head there on Monday's for Martini Mondays.



The Halifax Farmers' Market is a great spot to buy fresh, local goods. If you're looking for somewhere to go for a pint, check out The Bitter End, right.



Campus bars are always a great bet for students. They're not in business to make money, but rather they're a service for the students, so you can always expect reasonable drink prices and familiar faces.

## How to have fun in the city for \$20 or less

With its scenic views, some of the best fun in Halifax comes from just taking in the scenery. Take

a walk along the waterfront, toss a Frisbee at **the Commons**, take a stroll through **Point Pleasant Park** or the **Public Gardens**.

Why not have a picnic too? Other low-cost options include going to **the Discovery Centre**, a science museum located in downtown Halifax (1593 Barrington St., 492-4422).

If you're looking to get a better understanding of Nova Scotia's marine heritage, head to **the Maritime Mu-**

**seum of the Atlantic** (1675 Lower Water St., 424-7490). Be sure to check out the artifacts from the Titanic.

## How to make the most of your bus pass

One of the best things about being a student is the **U-Pass**. A few years back, the major universities set-up an agreement with Metro Transit whereby full-time students would all pay a mandatory fee for a bus pass during

the school year, priced way below what it costs for non-students.

So how does one make the most of the U-Pass?

Part of what can make using a transit system so confusing has to do with not knowing how to get where. Take a look at the system map and find out what buses run near where you live and where they go.

The key is finding out how to get to some of the

main stations, such as **the Mumford Terminal** or **the Lacewood Terminal** and planning your routes from there. Get acquainted with Metro Transit's website, [halifax.ca/metrotransit](http://halifax.ca/metrotransit).

## Best places to shop

For groceries, check out the **Halifax Farmers' Market** (1496 Lower Water St., 492-4043), the best spot for fresh local goods. The social experience of interacting directly with farmers

and vendors is also part of its charm. The downside is it's only open on Saturdays from 7 a.m. to 1 p.m. Buy local!

For clothes, check out **Value Village**, with locations in both Halifax and Dartmouth. You'll have to dig through the racks, but the joy is in discovering a great bargain. You should be able to put together an outfit for \$20. They also sell furniture, CDs, records and books.

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*Are you moving soon?*

Please be environmentally responsible when disposing of your garbage by placing it at the curb for collection on the proper week. Remember that for single unit residential dwellings there is a limit of **6 garbage bags** on garbage collection week, plus **one** bulky item. For small apartment buildings up to six units, the limit is **5 garbage bags/cans** per unit and **two** bulky items on garbage collection week. Please place food and leaf waste in your green cart; bottles cans and milk containers—with caps off—in blue bag; newspapers, flyers and magazines in a retail grocery or clear plastic bag; flatten and tie cardboard boxes. Apartment buildings greater than 6 units do not receive municipal curbside collection services. Check with your building for location of bins for organics, recycling and garbage.

The following are collection weeks in Area 1 Halifax:	
August 31 – September 4	Green Cart & Recyclables Only
September 7* – 11	Garbage & Recyclables Only
September 14 – 18	Green Cart & Recyclables Only
September 21 – 25	Garbage & Recyclables Only
September 28 – October 2	Green Cart & Recyclables Only

\*Please note Sept. 7 is a holiday—no collection. Alternate collection will take place on Sat., September 5. For other collection areas, or for further information call 490-4000 or visit our website at [www.halifax.ca/wrms](http://www.halifax.ca/wrms).





Greater Halifax has the highest number of post-secondary education institutions per capita in North America. More than 55 per cent of adults have completed a post-secondary degree or diploma program. **HALIFAX.CA**

**Did you know?**

# From sex, gods and rock 'n' roll

JON TATTRIE  
for Metro Halifax



**You can learn a lot of weird things at university. From sex, gods and rock 'n' roll to atheism, Halifax's higher learning institutions will crack your mind wide open.**

Dalhousie's **Human Sexuality** explores everyone's favourite topic, entering it from all angles: biological, cultural, ethical, historical and religious. No word on if the health course offers hands-on experimentation.

Dal also peers into the murky world of belief with **Goblins, Ghosts, Gods, Gurus**. The sociology course scours the world for curious convictions and questions some sacred cows: What is commonsense? What is magic? How does belief relate to action? Meanwhile, the music department's **Popular Music Until 1960** chases rock back to its minstrel roots.

Mount Saint Vincent University used to offer Good, Evil and Death, but in a curious philosophical



From Dalhousie to NSCAD, there are courses available that focus on death. If you prefer lighter fare, Saint Mary's is offering a major in Irish studies.

change, it now it offers **Love, Evil and Death**. Love and Evil explore the sites, conceptions and depictions of the two big emotions in global culture. If you don't find what you're looking for, try Death, which looks at the grand finale from an academic and experiential point of view.

At Saint Mary's, you can

study the gift of the Blarney first-hand, as it has the only university program in Canada to offer a major in **Irish studies**. As part of that, the Emerald Isle sends an Irish Gaelic speaker to teach students the language in Modern Irish.

NSCAD jumps on the death hearse with **Lecture in Art History: Art and**

**Death**, looking at humanity's artistic response to the big sleep. On a merrier note, **Stereoscopic 3D Digital Animation** teaches students the keys to what may be a very big part of movie-making in the future.

The University of King's College studies a subject familiar to any Monday-



morning student: **Pain**. The Contemporary Studies Program grinds its teeth and asks what pain means and how it's used in medicine, torture, politics and art. Guest lecturers are scheduled to range from experts in neurophysiology to representatives of Amnesty International.

If the previous courses

strip you of all supernatural conviction, sign up for **Atheism in Early Modern Europe**, a new course at King's. Although we think of atheism as a modern unbelief system birthed by science and rational thought, this class tracks it back to its origins in the early modern Western world.

Thank you Mic Mac Mall,  
thank you, thank you!

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**MIC MAC MALL**



**Did you know?**

Halifax is Canada's second-largest scientific centre, the third largest oceanographic research centre, the financial centre of Eastern Canada, and home to Canada's East Coast navy. **HALIFAX.CA**



From left: SLÄTTHULT Frames decoration stickers, \$16.99; NILS dining armchair with cover in Eslöv black/white, \$139, and HEMNES daybed with 3 drawers in white, \$499.99. All available at Ikea, [ikea.ca](http://ikea.ca)

# Home away from home

JANINE FALCON  
for Metro Canada

**For many students, back-to-school prep time brings happy thoughts of adding personality to a dorm room or a first home away from home.**

Metro tapped three design experts (and Cityline regulars) for tips on smart, budget-friendly choices for student living.

Whether you're dormitory-bound or setting up your OC (off-campus) pad, "avoid white sheets and towels," advises Arren Williams ([arrenwilliams.com](http://arrenwilliams.com)). "White doesn't stay white for long, so go for colour, and consid-

er easy-care cotton-poly blends for bedding."

Colourful pillows, laundry hampers, kitchenware, lamps and other accessories are also easy ways to put your stamp on a space. And don't forget to add plants — green is a colour, too.

For inexpensive furnishings, Williams likes Value Village and Goodwill. "You might find a \$4 or \$5 chair or table you can easily spray paint fuchsia or royal blue for a funky, Three's Company vintage look."

Tamara Robbins Griffith, design and

Clockwise, from top right: Assorted bath towels, \$3.50 each at Wal-Mart, [walmart.ca](http://walmart.ca); 10" Schefflera Arborescens green plant, \$16.88 at Home Depot, [homedepot.ca](http://homedepot.ca); and PC Ottoman, \$49.99 at Loblaws and SuperCentres, [pc.ca](http://pc.ca).

PR specialist for Ikea, stresses the importance of multi-functional pieces for small spaces. "For example, upholstered dining chairs can serve as extra seating in the living room when you're entertaining, and bookshelves can function as zone dividers," she says. Daybeds take on daytime sofa duties as well as offer storage underneath, and drop-leaf tables expand for guests.

To get away from posters taped to the wall, Griffith suggests multiple sizes of picture frames in the same finish for striking

vi-gnettes. If holes in the walls are a no-no, removable decals can safely turn a boring surface into a feature.

Interior designer Karen Sealy ([sealydesigninc.com](http://sealydesigninc.com)) makes a sage point: "Young women want clothing storage; guys like storage for snacks."

Storage ottomans and extra shelving are easy solutions for both genders, says Sealy, who, along with Williams, recently put a Hershey's milk-chocolate-inspired small-spaces design spin on a suite at Toronto's Delta Chelsea Hotel.

Blackout curtains or drapery panels to add to existing window coverings will come in handy, too. "Students tend to work late into the night and often need to sleep during the day," says Sealy.

She suggests garage sales as sources of bargain-priced items, but says that more than deals, look for durable pieces to take you through your entire school career.

Of course, more important than the pieces you buy is whether you can get them into your dorm or apartment. "Get details on your access routes — doorway, stairwell or elevator measurements," says Sealy.

These colourful banker's boxes are \$7.97 for a pack of two at Wal-Mart, [walmart.ca](http://walmart.ca).

Debbie Travis Woven PVC Hamper below is available for \$24.99 at Canadian Tire.





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Trailer Park Boys: Countdown to Liquor Day will headline the Atlantic Film Festival this year, which runs from Sept. 17-26.

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## Guess who's coming to HRM?

RICHARD WOODBURY  
for Metro Halifax

There are always a lot of things happening in Halifax. From concerts to sporting events to live theatre, there's something for everyone.

Already a few days in, this year's **Atlantic Fringe Festival** will run until Sept. 13. There will be more than 200 performances of non-mainstream theatre in six venues. The festival is perfect for any student's budget with tickets ranging from \$3 to \$10 per show. Check out [atlanticfringe.ca](http://atlanticfringe.ca) for a full listing of shows.

On Sunday, legendary rapper **Snoop Dogg** is stopping by the Metro Centre (1800 Argyle St., 450-1221) in support of his 2008 release, *Ego Trippin'*. The show will also feature Snoop's backing band, **Tha Snoopadelics**.

Tickets are selling for \$51.50 and \$61.50, plus a service

charge when purchased online.

Throughout the year at the Metro Centre, there are loads of hockey games. Next Tuesday, there will be a preseason NHL game between the **Ottawa Senators** and **Florida Panthers**. Ticket prices range from \$56 to \$82, plus there's a service charge if purchased online.

Halifax is also home to the **Halifax Mooseheads**, a junior team who plays in the Quebec Major Junior Hockey League. See some



Jenn Grant will be one of the performers at this year's Halifax Pop Explosion, which takes place from Oct. 20-24.

of the NHLers of tomorrow before they become millionaires. Tickets are \$10.75 for students.

On Friday, Sept. 25, shock rocker **Marilyn Manson** along with opening act **Die Mannequin** will be playing at the Metro Centre. All tickets are \$58.50, plus there's a service charge if purchased online.

Late September in Halifax is an exciting time, with a buzz filling the city during the **Atlantic Film Festival**. This year, the festival

Shock rocker Marilyn Manson will be playing the Metro Centre on Sept. 25.

runs from Sept. 17-26. Featuring 225 films from across Canada and the world, you won't be disappointed. Check out [atlanticfilm.com](http://atlanticfilm.com) for a full rundown of the events. **Trailer Park Boys: Countdown to Liquor Day** will be the headliner this year.

**The Halifax Pop Explosion** will leave many sets of ears ringing from Oct. 20-24. The festival bills itself as one of "the country's premiere showcases of emerging music, art and culture from Halifax, Canada and around the world." Check out the Explosion's website at [halifaxpopexplosion.com](http://halifaxpopexplosion.com) for more information.

For more concert listings, check out [pollstar.com](http://pollstar.com) to keep yourself up to date of who's coming to town.

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**Study tip**

Take good notes. Listen carefully and briefly summarize main ideas, rather than writing down what the teacher says word for word. This will help make studying easier. **METRO NEWS SERVICES**



frosh guide: halifax 101 **23**

DIGITAL VISION PHOTO



Most schools have safe walk programs, counselling services and emergency phones to keep their students safe on campus.

# Your safety is 'up to you'

**RICHARD WOODBURY**  
for Metro Canada



**The key to staying safe on campus revolves around using common sense and taking responsibility for one's own actions.**

"It's now up to you," says Chris Goss, the operations manager of the University of Waterloo Police Service.

Goss says there are supports available at the university and he encourages students to use them, but ultimately it comes down to personal responsibility.

At campuses across the country, schools focus on educating first-year students about what they should and shouldn't be doing to remain safe on cam-

pus. Most schools also have things like safe walk programs, counselling services and emergency phones in place to make the campus a safer place.

Goss says it's important students be aware of the resources available before they need them. He also recommends students get to know their campuses and find out where things are located.

The biggest safety issue at Canadian universities is theft, says Bill Mowbray, the director of campus security services at the University of Alberta in Edmonton.

He says students should never leave behind their personal possessions, even if it's just for a minute. Mowbray also recommends

that bike riders get proper locks for their bikes and not just use a chain lock. For students in residence, he recommends locking the door if they leave their rooms.

Mowbray's advice is simple when it comes to preventing theft: "Lock it up or take it with you."

The newfound freedom of being away from home for the first time, along with the stress that can come with it means some students turn to alcohol.

"Drinking to excess brings with it its own issues," says Mowbray, such as loss of property and physical and sexual assaults.

"Don't drink to excess," he cautions. "Have a good time. Have a couple drinks

with your friends, but always be aware of what's around you."

Although university campuses are safe, people must not get complacent, says Mowbray.

"University campuses are the safest parts of our city," he says. Historically, they have been that way. People get lulled into that false sense that it's always that way."

If something is wrong, students must talk to somebody, says Gayle Churchill, the director of student life at Mount Allison University in Sackville, N.B.

"That's the big thing," she says. "To take that step to talk to somebody, whatever it might be."

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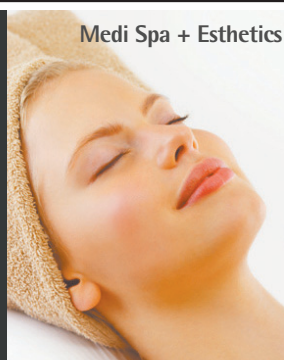
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## How to work out, on a budget

KARL YU  
for Metro Canada

**Tuition and textbook expenses give students' bank accounts a tough workout, but there are ways to get in shape during the school year while giving that tired bank ac-**

### count a break.

Steve McMinn, the personal trainer behind fitforreal.ca, says physical fitness doesn't have to be expensive.

Riding a bike to school is a great way to burn calories while saving on transportation costs, McMinn said. A 150-pound man can burn

about 220 calories per half-hour bike ride, while a 120-pound woman burns about 175. One pound equals about 3,500 calories, so students biking to and from school burn a pound every week-and-a-half.

At school, taking the stairs over the elevator also makes a difference in the

long run.

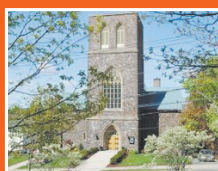
According to the Public Health Agency of Canada, going up and down the stairs five minutes each way burns about 80 calories. That's almost half a pound every week.

After class, the most fun way to stay in shape is to join an exercise class or an

intramural sports league — both are usually covered by tuition.

"If you play in a (student) floor hockey league or a beach volleyball league or indoor soccer all those things are great fun," McMinn said. "You get to meet people and you also get to stay in shape."

# Your Church Listings



**FIRST BAPTIST CHURCH HALIFAX**  
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[www.firstbaptisthalifax.org](http://www.firstbaptisthalifax.org)

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DivorceCare (adults & kids):  
Mondays 7pm

Playgroup: Wednesdays 9:30 am

For service info call for message



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Monday — Friday 12:15pm & 5:15pm  
Saturday 12:15pm

**Lord's Day Mass Times**  
Saturday 5:00pm DST / 4:00pm AST  
Sunday's 7:30am, 10:30am & 5:00pm

The Sunday 5:00pm Mass is dedicated to young adults and is served by the Saint Mary's and Dalhousie University Chaplains.

**Confessions**  
Wednesdays 6-7pm  
Saturdays 3:30-4:30pm DST / 2:30-3:30pm AST

The Cathedral Office is open Monday — Friday 9:00am — 4:00pm and is located in the Catholic Pastoral Centre at 1531 Grafton Street.

**St. George's Round Church**  
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For more information on opportunities to get involved in parish life and outreach, study groups, and week-day services, please visit our website or call the parish office, tel 423 1059.



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## Blessings and Welcome to the neighbourhood!

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[lutheranchurch@eastlink.ca](mailto:lutheranchurch@eastlink.ca)

Atlantic Lutheran Campus Ministry invites you to make contact with our Campus Chaplain Clement Mehlman!  
[Clement.Mehlman@dal.ca](mailto:Clement.Mehlman@dal.ca) • [lutheranstudentsatlantic.com](http://lutheranstudentsatlantic.com)

Lutheran Church of the Resurrection • 2096 Windsor St., Halifax (corner of Windsor and Allan) Check us out on Facebook!



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[www.rockinghamunited.org](http://www.rockinghamunited.org)

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Regency Orthopedic Queen Mattress was \$399... now **\$150**  
Sterns & Foster King Mattress was \$2100..... now **\$800**  
Platinum King Mattress, 1000 coils was \$1400..... now **\$500**  
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Stu McNab (Manager of Hfx Location) was \$14.88.....now **\$8.69**  
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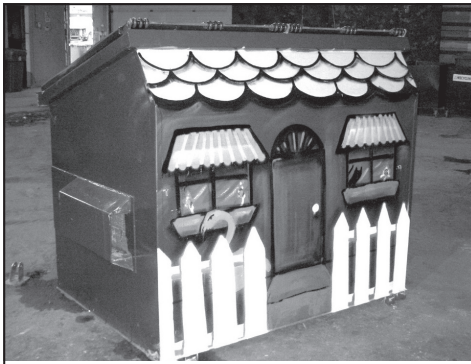
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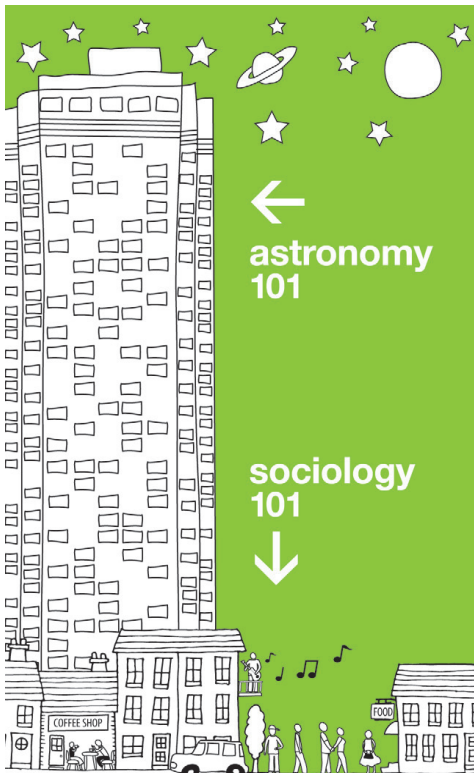
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## 26 frosh guide: halifax 101



Students at the Hair Design Centre will cut a lady's hair for as low as \$11.61, and a guy's from \$10.08.

## No money? No problem!

JON TATTRE  
for Metro Halifax



The best way to save money is to not spend it, and Halifax has lots of stuff for free, or just about, if you know where to look.

If you need furniture, go

street shopping. The curbs of Halifax are a veritable Ikea for the first few weeks of September, as students shuffle around the city and leave their goods behind. If you don't see a sofa that matches the flower pattern on your armchair, try the Parker Street Furniture

Bank (2415 Maynard St.). You'll get a great deal while helping a good charity. If that fails, go to Kijiji.ca.

For clothes, stick to second-hand. There's a great Salvation Army near the Queen Street Sobeys, where you can assembly a

funky wardrobe for a few dollars.

Sell your body. No, not like that: turn yourself into a classroom and let your fellow students learn on you. Students at the Hair Design Centre (278 Lacewood Dr.) will trim a lady's locks for as low as \$11.61 and a guy's from \$10.08. Students at the Dalhousie Faculty of Dentistry will clean your teeth for about half the price of a regular dentist.

Most jobs you get in university won't pay a huge amount, so factor in the benefits. If you work at the student union, you'll likely get into concerts for free. A job at Empire Theatre gives you all the movies you want for nothing. The same goes at Video Difference on Quinpool Road: free rentals for staff. If your university has a newspaper or magazine, write for it. If you use enough swagger, it could be your press pass into the hottest events in the city.

Join the public library. The Spring Garden Road branch is the mecca of free things in Halifax: books, current magazines, DVDs, CDs, Internet, lectures, heating, you name it.

Buy used textbooks or borrow them from the library. Pay full price only when absolutely necessary, and then use it as an excuse to chat up that cute girl/guy in your class and see if they want to split the cost and share the text.

If you want to travel, consider going off season — or at least not at Christmas, when prices spike. When you're sitting alone in your apartment on Dec. 25, count your money to keep yourself company. If you do go, book through a student-friendly agency like Travel Cuts on Barrington Street.

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## Study tip

Create a designated area for homework. Set up an area in your home for studying and homework that is free from potential distractions. Keep a dictionary, pens, paper, textbooks and study tools stored in this area. **METRO NEWS SERVICES**

frosh guide: halifax 101 **27**

# Ahead of the class

JANINE FALCON  
for Metro Canada

Besides undermining your standout personality, sloppy sweats encourage that "freshman 20," the annual bloat that afflicts more than first-year kids. Do yourself a style favour: Live campus life like the paparazzi is around the corner and you're an off-duty celeb.

"Models like Lara Stone and Erin Wasson have mastered the look — think ripped jeans, leather moto jackets and combat boots — while 'it girls' Kate Bosworth, Alexa Chung and Rachel Bilson know how to look fab even at the airport, in fedoras, scarves, boyfriend jeans and long vests," says style hog.com editor and

Gap Always Skinny Jeans, \$79.50, and denim jacket, \$69.50.

These Parasuco 8-Halle stretch skinny jeans, below, are \$110 at parasuco.com, while the Levis 501 Boyfriend Jeans Timeless Wash, below left, retail for \$98.

stylist Julia Seidl, who works with CosmoTV's Oh So Cosmo crew. Here are some tips on what you need to up your class level this fall:

## Denim

If any jeans are designed for sitting in a three-hour lecture, the boyfriend jeans are it. Fans of a closer fit

Accessorize your outfit with scarves (\$15 each at Reitmans), left, or a Beach Bucket Bag in Rustler Leather (\$248 at Roots), below.

can find comfort, too, with denim like Canadian brand Parasuco's all-directions-stretch 8-Halle skinny jeans. Seidl says distressed skinnies are also hot — "anything with well-placed holes, frays, even doodles" — and washes from pale grey to acid to light blue to almost black.

## Jackets

The moto jacket shares the fashion spotlight with oversized, slightly baggy boyfriend blazers. "Wear either one with skinny jeans, leggings, big boots or ballet flats," says Seidl. "A plain white tee, long single pendant necklace and a slouchy toque completes the outfit."

## Guy style

Fellows, if you must wear golf shirts, go for one with dash, like the Trip golf shirt from

hot Canadian company Quagmire. Seidl's top guy choices are a simple V-neck white tee, a grey V-neck or shawl-collar cardigan, slim, skinny or straight-leg jeans, plus shirts in stripes or plaid with rolled-up sleeves. Good lookin' shoes help, too.

## Boots and booties

"Thigh-high leather boots were all over the fall's catwalks, but most students can't shell out \$500," says Seidl, who is all about runway fashion on a budget. Instead go for flat, leather knee-high boots, granny ankle boots that are kicking it big with the likes of Sienna Miller and Zoe Cravit, and all-buckled-up motorcycle boots. "High-heeled booties, open or closed toe, can take your

outfit from class to a night out, too," she says.

## Accessories

A good quality, honking big handbag that can double as a bookbag is a must. And stock up on chunky chokers, bib necklaces, cocktail rings, hats, scarves and belts, all for daytime as well as night. "Never

Clockwise from top: Boyfriend blazer by Sears Attitude, \$89.99; classic men's cardigan by Joe Fresh, \$29; and Men's Trip Golf Shirt by Quagmire, \$75.

leave the house without at least two accessories," says Seidl.

"They're the cheapest and easiest way to make any outfit more current," she adds.

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## Your Money

EDITOR: FERMIN.DESOUZA@METRONEWS.CA



Eating out obviously takes a bigger chunk out of your wallet than food consumed at home.

# Concentrate on your wallet to lose weight

Alison On Money

Alison Griffiths

metronews.ca/alisononmoney

The diet industry is a perennial money maker from exercise programs to magic potions and from diet books to calorie counting counselors. In the end, though, pretty much all of it centres on food.

Here's a different approach. Lose weight by focusing on money. A recent fascinating article in *ethurion.com* by Marc R., aka Mental Masala (forgive him, he's a food writer), points out that according to the U.S. Government Accountability Office, per capita spending on food rose by 16 per cent between 1982 and 2007. Canadian data is less revealing but we tend to mirror Americans in our food spending.

Most of the increase noted comes from food consumed away from home. We all sense that every bite of takeout and restaurant food delivers a much higher caloric wallop than what you prepare yourself. Add to that the huge escalation in the frequency of eating out and the prob-

lem for dieters is clear.

Back in the 1970s, when

disco was still cool, Americans consumed 18 per cent of total calories away from home.

Mental, who probably calls himself that after spending too much with government reports, estimates the percentage had risen to nearly 50 per cent by the end of the 90s. I'm willing to bet the figure is even higher today.

Obviously, eating out

takes a bigger chunk out of your wallet than food consumed

at home, though you do get a lot more caloric bang for your buck. If the aim was to get more (calories) for your money this would be fine. But if you are trying to lose weight, well,

you get the picture.

So here's the money focused weight loss solution. Restrict the amount of money you spend eating out, especially on calorie-laden takeout, and you'll be lean and mean in no time. Set aside an amount in cash every week or every paycheck and once it's gone, your dining out is done.

You'll save money and cut calories at the same time — now that's a diet!

Alison Griffiths is a financial journalist, author and host of *Mixed Out* on the W Network. Write to her at [alison@alisongriffiths.ca](mailto:alison@alisongriffiths.ca).



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## Alison's Money Rule:

- When trying to lose weight, forget about the calories and concentrate on how much you spend on what you consume away from home.

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## Timeshares not for profit

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

**Q** My wife and I own a timeshare in Mexico. In less than five vacations we would spend the equal cost of owning. What are average returns in this industry?

— Thomas

**A** Individuals should never purchase a timeshare as an investment. I should

however, qualify this as, never purchase a timeshare with the intent of selling at a higher price.

I have yet to hear of a timeshare that has increased over time. That in itself, does not make a timeshare a poor purchase. If your purchase was for enjoyment, then a timeshare can make good sense.

Food for thought: Don't buy for a profit; without a few days cooling period; without consulting a lawyer; with credit card; or be pressured to sign "now or lose the deal."

Henry Choo Chong, CGA, can be reached at [choochonghcg@yahoo.ca](mailto:choochonghcg@yahoo.ca).

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According to an RBC poll, 35 per cent of returning college and university students and 43 per cent of new students feel that they can only stretch their spending money as far as the Christmas break. **NEWS CANADA**

# Student Cents



## Find options

Some students might opt to take on additional job hours, cut their course load, and take an extra semester to control their finances. Other students feel they can take on a little more debt. **NEWS CANADA**

SPECIAL FEATURES EDITOR: STEPHANIE.BOMBA@METRONEWS.CA

## Have fun, on a budget

RAFAEL BRUSILOV  
for Metro Canada

**Even bookworms need to have fun sometimes, but there's just one problem for most entertainment-starved students: lack of cash.**

Fear not, for while your personal finances might elicit a poorly disguised giggle from the bank teller, you can still have plenty of fun for a dime with these tips below.

### Bag it 'n' bring it

Picnics are killer for social fun and they're cheap as all heck, plus you can do them just about anywhere. Head to the park with friends and a guitar for a

midday soiree, or camp out in your college quad for some after-class fun with snacks and bevies. Great for a romantic option on the cheap too.

### The play's the thing

Live theatre can be quite cheap for students, with tickets often going for half the price of regular seats. Check out your campus theatre especially — you can often find some good shows for about \$5-\$8. Students in Ottawa and Calgary take note: the National Arts Centre offers unsold tickets to professional shows for \$11 to students. In Toronto, hip-TIX offers performing arts tickets for \$5 to students as well.



To save money, why not get your friends together for a DVD night? Rentals are cheap, and microwave popcorn costs next to nothing.

### Cinema de couch

For some students, the DVD player can become like a second mother —

and for good reason. Rentals are cheap, or free if you borrow a disc from a friend, and a big TV can let

plenty of people watch. Theme nights can be a blast ('70s horror? Comedies starting with the letter 'A'? Schwarzenegger?) and microwave popcorn costs next to nothing.

fee shops are usually in abundance around campus and even ultra-expensive coffee usually maxes out at about \$4, meaning you can debate vampire lore to your heart's content without having to spend much. Make it a weekly thing and switch topics regularly to keep things fresh.

### Volunteer

Not only is volunteering a great experience, it costs you only time and you'll often get fed for free. It's also a much underrated date option if you volunteer together — you'll get to know each other's real personalities a lot quicker when you're interacting with people in a helping scenario.

## Where to get good stuff — for free!

There is one universal price all students can agree on, and that price is FREE.

Free stuff is the holy grail of just about any student's financially challenged life and finding great giveaways is not necessarily as hard as you might think. Here are a few places you can look:

- **Craigslist.org.** Yes, there is a "Free" section on this now-ubiquitous site, which has branches in dozens of Canadian cities and yes, people who

post here really are giving their used stuff away for nothing. Furniture tops the list of worthwhile items that you can often get for free, but books and appliances are popular giveaways too. An example of some recent giveaways in the Toronto area: 50" rear-projection TV, and a set of bookcases.

- **RedFlagDeals.com.** A popular site that screens free online offers to make sure they are legit. Just about anything might pop up here, but keep in mind

that for most free offerings, you'll be expected to sign up to a site or fill out a survey (usually mentioned in the item's posting). An example of some recent giveaways: a Vancouver Canucks fan pack, and an IT certification study guide.

- **Totallyfreestuff.com.** Solid site that offers plenty of vetted Canadian deals. Similar situation to RedFlagDeals with signing up/survey-filling. Example of recent freebies: teeth whitening package, and a free

MP3 download of your choice from Amazon.com.

### Canadianfreestuff.com.

Smaller list of free postings, but it has a huge forum where freebie-seekers trade tips, tricks and freebie leads they have already vetted themselves. Great user-written guides on hunting free stuff too. Recent forum postings: free Quaker Oats granola bars, and a free vegan starter kit.

— RAFAEL BRUSILOV  
/FOR METRO CANADA

### Get active

Most campuses have rec centres that you've already paid for a membership to (remember all those brutal fees?) so get moving! Join an intramural team for active, social fun or get people together for a group workout. A scenic bike ride around town offers free travel and exploration too.

### Chat it out

Round up some like-minded people for a regular coffee'n'chat session. Hip cof-



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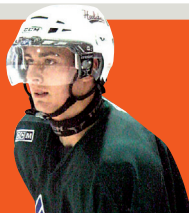


**Pirates set futility record**

The Pittsburgh Pirates set a new record in futility yesterday. Their 4-2 loss to the Chicago Cubs guaranteed the team's record-breaking 17th straight losing season. Only the Phillies (1933-48) have had as many as 16 losing seasons in a row. **METRO NEWS SERVICES**

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# Sports

**Rookie shows scoring touch**

Halifax Mooseheads rookie Brent Andrews tied with Yuri Cheremetiev for the team lead in pre-season scoring. Andrews, who was selected with the 15th overall pick that was acquired in a trade for Gabriel O'Connor at June's draft, had two goals and six assists in five games.

THE ASSOCIATED PRESS

EDITOR: CHRIS.CLEMENTS@METRONEWS.CA

**Balsillie boosts bid for Coyotes**

**NHL** Jim Balsillie is upping his efforts to acquire the Phoenix Coyotes.

The co-CEO of Research in Motion has increased his bid for the NHL club to US\$242.5 million, according to documents filed by Balsillie's lawyers in an Arizona bankruptcy court last night.

Balsillie had been offering \$212.5 million since the team was placed in Chapter 11 bankruptcy back in May.

The change is intended to address concerns raised in court by unsecured creditors and will see the City of Glendale — where the Coyotes play their home games — receive an additional \$50 million.

Another \$20 million from the original bid intended for other creditors would be taken away.

Judge Redfield T. Baum is scheduled to oversee an auction for the team on Thursday.

The NHL, Balsillie and a group of Canadian and American businessmen called Ice Edge Holdings have all submitted bids.

THE CANADIAN PRESS

**Stricker moves past Woods in standings**

**GOLF** Given another chance to win a playoff event, Steve Stricker delivered back-to-back birdies to cap off a wild Labour Day finish and win the Deutsche Bank Championship yesterday, moving past Tiger Woods to the top of the FedEx Cup standings.

One week after missing a 10-foot par putt to force a playoff, Stricker rolled in a 15-foot birdie on the 17th hole, then hit a delicate chip to tap-in range on the par-5 18th for a 4-under 67 one-shot victory over Jason Dufner and Scott Verplank.

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**Sports in brief**

**GENDER TEST** Wilfred Daniels, the remorseful coach of a South African runner whose gender has been questioned has resigned over the way her case was handled. Daniels says Castor Semenya's gender test was conducted without her knowledge under the guise of a doping check.

METRO NEWS SERVICES

## Back in time for opener?

Konrad Abeltshauser's injury may not be as bad as feared

**MATTHEW WUEST**  
matthew.wuest@metronews.ca

**Konrad Abeltshauser's nasty fall was not as bad as it looked.**

The Halifax Mooseheads rookie could be back as early as Friday for the team's QMJHL season-opener after leaving the ice in a pool of blood in last Friday's exhibition finale.

Abeltshauser, who arrived from Germany for his rookie campaign a month ago, was accidentally hit in the face by the helmet of teammate Chuckie Schembri and told coaches he "couldn't feel his teeth" after he barely stumbled off the ice.

But X-rays came back negative on the weekend, quelling fears that he might have broken his jaw or cheekbone.

"Just a fat lip," said associate coach Chris Donnelly. "He might be concussed and that's what we're waiting to see — if that's a reality, he might have to wait seven days."

Abeltshauser could be back on the ice for a light skate today.

In other injury news, 17-year-old defenceman Garrett Clarke practised yesterday but is still bothered by a nagging groin injury and may not be able to



Konrad Abeltshauser could be back in time for the season opener after being injured on Friday.

play Friday against the Cape Breton Screaming Eagles in Sydney.

**SCHEMBRI SETTLES IN** Aside from Schembri's accidental run-in with Abeltshauser, the 19-year-old is settling in with his new team. Schembri, claimed

off waivers from the Moncton Wildcats last Wednesday, said there are no hard feelings between he and Mooseheads blue-liner Spencer Metcalfe.

Schembri and Metcalfe went toe-to-toe in a spirited fight when the Wildcats

**"He might be concussed and that's what we're waiting to see — if that's a reality, he might have to wait seven days."**

Chris Donnelly, associate coach

met the Mooseheads two weeks ago.

"We're buddies now," the five-foot-nine agitator said. "We went golfing together Saturday so it's all good."

**HARD SKATE** The Mooseheads were skated into the ground at practice at the Civic Centre yesterday, pushed to their limits in a series of suicides after two days off.

"We have a big game coming up on Friday," said veteran right-winger Linden Bahm. "We're working hard and getting ready ... We're going to be a hard-working team this year and I think this kind of practice does us good."

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## Oudin scores third upset in a row

**U.S. OPEN** Forget about forehands and backhands. Melanie Oudin's biggest weapon is her heart.

The 17-year-old sparkplug from Georgia proved it again yesterday at the U.S. Open, extending her remarkable run to the quarter-finals with another come-from-behind victory, 1-6, 7-6 (2), 6-3 over 13th-seeded Nadia Petrova.

Oudin staved off two points that would have put her behind 5-3 in the second set, then rolled through the third, hitting corners with those underrated groundstrokes and taking advantage of 22 unforced errors by her more-sea-

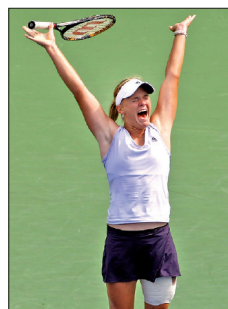
soned, higher-ranked opponent.

Rankings, like her age, however, are only numbers.

The 70th-ranked player already had comeback wins over No. 4 Elena Dementieva and No. 29 Maria Sharapova at Flushing Meadows, along with one over former No. 1 Jelena Jankovic this summer at Wimbledon. Now, she's knocked off No. 13.

Too young to know any better? Maybe. Regardless, she has become the youngest American to move into the quarter-finals at America's Grand Slam since Serena Williams in 1999.

"I think this is going to do



Melanie Oudin celebrates her win over Nadia Petrova.

a lot," Oudin said. "I think it's good for American tennis."

Not so good for Russian

tennis, though.

All four of Oudin's wins have come against Russians and her next match could be against yet another. That's sixth-seeded Svetlana Kuznetsova, the 2004 Open champion and the only Grand Slam tournament winner left on Oudin's side of the bracket.

In men's action, No. 1 Roger Federer beat No. 14 Tommy Robredo 7-5, 6-2, 6-2 for his 38th straight win at the U.S. Open. In the quarter-finals, Federer will face No. 12 Robin Soderling, who he beat in the French Open final to complete his career Grand Slam.

THE ASSOCIATED PRESS

**Dry, Canadians both one away**

**BASEBALL** Dartmouth Moosehead Dry and Halifax Pelham Molson Canadians are each one victory away from going head-to-head in the Nova Scotia Senior Baseball League final.

Dartmouth dumped the Kentville Wildcats 11-5 on Sunday to grab a 3-2 lead in their best-of-seven semifinal. Halifax edged the Truro Bearcats 3-2 on Saturday and has a 3-1 lead in the other semifinal.

Both semifinals can wrap up tonight. Halifax hosts Truro at 7:30 p.m. and Dartmouth visits Kentville.

METRO HALIFAX

**Sommerville wins Peterbilt 250 again**

**AUTO RACING** Lonnie Sommerville of Saint John, N.B., became the first two-time winner of the Peterbilt 250 on Sunday.

Sommerville earned the \$15,000 top prize at the Carquest Pro Stock Tour event in Geary, N.B., in the ninth annual event before a record crowd of about 8,000.

Enfield's Shawn Turple, who leads the Carquest points standings heading into this weekend's final race at Scotia Speedworld, earned \$5,000 as the runner-up.

METRO HALIFAX

**Tiger-Cats beat last-place Argos**

**CFL** Kevin Glenn threw two TD passes to lead the Hamilton Tiger-Cats to a 34-15 win over the Toronto Argonauts yesterday.

Hamilton (5-4) snapped a six-game home losing streak against Toronto (2-7). The two teams don't have the luxury of time to mull over this one. The Argos host the Ticats Friday night.

The win was important for Hamilton, which moved four points ahead of third-place Winnipeg (3-6) in the East Division standings and to within four points of first-place Montreal (7-2). Toronto remains last in the conference.

In other CFL action, Calgary thumped Edmonton 32-8 yesterday, while on Sunday Saskatchewan downed Winnipeg 29-14.

THE CANADIAN PRESS

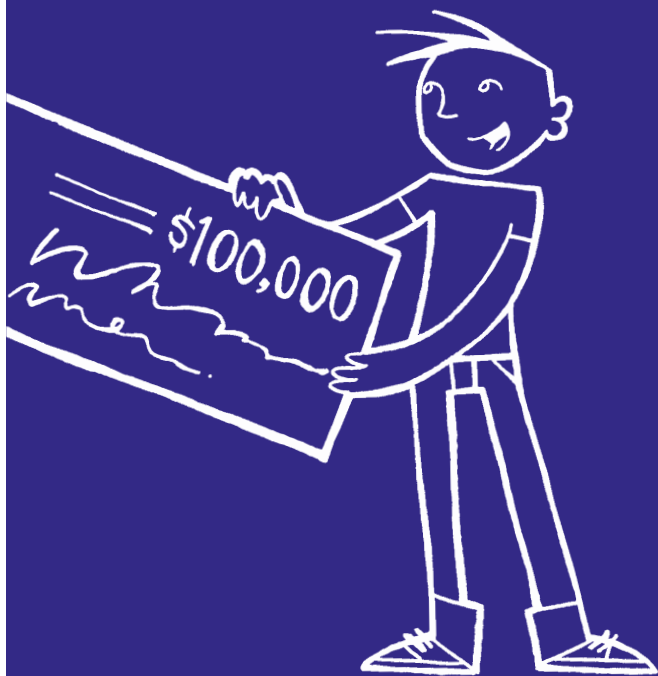


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**Julia tops the charts**

Mastering the Art of French Cooking, Volume I by Julia Child was the best selling cookbook at amazon.ca last week. Julie and Julia: My Year of Cooking Dangerously by Julie Powell came in second place. **METRO NEWS SERVICES**



# Food

**When it comes to cooking locally produced foods, keep your recipes simple to allow the fresh and natural flavours to come through, says chef Chris Venhuis.**

THE CANADIAN PRESS



## Just ask

Ensure that the products you are buying are truly local by reading labels and asking questions of vendors at farmer's markets and produce staff at supermarkets.

EDITOR: NINA.DRAGICEVIC@METRONEWS.CA

Canadian Living magazine is on sale now!

## Canadian Living recipe of the month

# Warm chicken salad and a crisp

### Warm Spanish Chicken Salad

PREP TIME: 10 MINUTES  
COOK TIME: 35 MINUTES  
MAKES 4 SERVINGS

#### INGREDIENTS:

- 2 boneless skinless chicken breasts
- 1 tbsp (15 ml) extra-virgin olive oil
- 1/2 tsp (2 ml) paprika
- 1/4 tsp (1 ml) each salt and pepper
- 1 each sweet red and green pepper, cut into 2 cm-wide strips
- 6 cups (1.5 l) loosely packed mixed baby salad greens
- 1/2 cup (125 ml) thinly sliced sweet onion
- 1/3 cup (75 ml) quartered pimiento-stuffed green olives
- 1/4 cup (50 ml) each toasted slivered almonds and crumbled feta cheese
- SHERRY VINAIGRETTE:**
- 2 tbsp (25 ml) extra-virgin olive oil
- 1 tbsp (15 ml) sherry vinegar or red wine vinegar
- 1/2 tsp (2 ml) Dijon mustard
- Pinch each salt, pepper and granulated sugar



Warm Spanish Chicken Salad

#### METHOD:

In bowl, toss together chicken, oil, paprika, salt and pepper; transfer to foil-lined baking sheet. Add red and green peppers; bake in 375°F (190°C) oven until peppers are tender and chicken is no longer pink inside, about 35 minutes. Let chicken cool enough to handle; thinly slice crosswise.

In large bowl, combine salad greens, onion, olives, almonds, chicken and peppers.

#### SHERRY VINAIGRETTE:

In small bowl, whisk together oil, vinegar, mus-

tard, salt, pepper and sugar; pour over salad and toss to coat. Sprinkle with feta cheese.

### Pear Apple Crisp

PREP TIME: 12 MINUTES  
COOK TIME: 1 HOUR  
MAKES 6 SERVINGS

#### INGREDIENTS:

- 6 cups (1.5 l) chopped cored peeled pears
- 2 cups (500 ml) chopped cored peeled apples
- 2 tbsp (25 ml) all-purpose flour
- 2 tbsp (25 ml) packed brown sugar
- 2 tbsp (25 ml) lemon



Pear Apple Crisp

juice

- 1/4 tsp (1 ml) cinnamon

#### TOPPING:

- 1 cup (250 ml) quick-cooking rolled oats (not instant)
- 1/2 cup (125 ml) packed brown sugar
- 1/3 cup (75 ml) all-purpose flour
- Pinch ground nutmeg
- 1/3 cup (75 ml) salted butter, melted

#### METHOD:

In bowl, toss together pears, apples, flour, sugar, lemon juice and cinnamon until combined; spread in 8-inch (2 l) square glass baking dish. Set aside.

**TOPPING:** In small bowl,

whisk together oats, sugar, flour and nutmeg; drizzle with butter, tossing with fork until crumbly. Sprinkle over pear mixture.

Bake in 350°F (180°C) oven until pears are tender and topping is golden and crisp, about 1 hour.



## Editor's Note

- Starting this Thursday, Metro is launching Urban Foodie, a column that reviews Halifax's best dining spots.

m.metronews.ca



Scan this barcode for more Local news on your smartphone. Find out how to scan this barcode on pg 3

# No time to cook? No more excuses

**Donna Hay is one of the best-known names in cookbook and magazine publishing in the world. Her previous books have sold more than 2.2 million copies internationally.**

Donna Hay's new book, No Time to Cook: Fresh & Easy Recipes for a Fast Forward World (HarperCollins), is full of delicious, simple food that won't eat up your whole evening.

HarperCollins Canada offered Metro these two recipes to get you started:

### Spinach, Ricotta & Dill Pies

SERVES 2 NOW, 2 LATER

#### INGREDIENTS:

- 4 sheets (25 cm x 25 cm) store-bought shortcrust pastry, thawed
- Spinach-ricotta filling:**
- 250 g frozen spinach, thawed
- 600 g ricotta
- 3 eggs
- 1/2 cup (40 g) finely grated parmesan



Spinach, Ricotta & Dill Pies.

- 2 green onions (scallions), finely sliced
- 2 tablespoons coarsely chopped flatleaf parsley leaves
- 2 tablespoons coarsely chopped dill leaves
- sea salt and cracked black pepper

#### METHOD:

Preheat oven to 180°C (355°F). Cut pastry to fit 4 x 1-cup (250ml) pie dishes, allowing for an overhang.



Flourless Chocolate Cake.

To make the spinach-ricotta filling, squeeze out excess water from spinach, place in bowl with ricotta, eggs, parmesan, onion, parsley, dill, salt and pepper and mix together well.

Divide filling between pastry-lined dishes and bake for 30 minutes or until filling sets. To freeze, wrap pie dishes in a layer of baking paper, then plastic wrap and aluminium

foil to seal. Freeze for up to 3 months.

### Flourless Chocolate Cake

SERVES 12

#### INGREDIENTS:

- 350 g quality dark chocolate, chopped
- 185 g unsalted butter, chopped
- 6 eggs
- 1 cup (220 g) brown sugar
- 1/4 cup (60 ml) hazelnut liqueur
- 1 cup (100 g) ground hazelnuts
- Hazelnut cream:**
- 300 ml cream
- 1/4 cup (60 ml) hazelnut liqueur, extra

#### METHOD:

Preheat oven to 170°C (340°F). Line the base and sides of a 22-cm spring-form pan with non-stick baking paper.

Place chocolate and butter into a saucepan over low heat and stir until



melted.

Place eggs, sugar, liqueur and hazelnuts into a bowl and whisk to combine. Add chocolate mixture and whisk until smooth. Spoon mixture into tin and cover with aluminium foil.

Bake for 40 minutes. Remove foil and cool cake in tin then refrigerate until cold.

To make hazelnut cream, place the cream and liqueur in a bowl and beat with electric beaters or a whisk until soft peaks form. Cover and refrigerate until just before serving. Serve with hazelnut cream.

## Liquid Assets

### Peter Rockwell

metronews.ca/liquidassets

## The White Zin

Thankfully school is over for me but I still hate September. It's the way we all draw a line at the Labour Day weekend.

On one side we can revel in all things summer; on the other the outdoor furniture comes in, the white pants wind up at the back of the closet and rosé wines are bid adios for another year.

While I can live with most of the seasonal changes I'm here to tell you that pink wines — especially the White Zinfandel — aren't just for warm weather any more. Long maligned as a marketing ploy aimed at unsophisticated drinkers, the White Zin has remained as simple and straight forward as it was when Californian winemakers first developed it in the 1970s.

**Sutter Home's 2008 White Zinfandel (\$7.99 - \$9.97)** is the original and its soft, berry sweetness remains the benchmark. Equally as fruity, **Beringer Vineyards' 2008 California Collection White Zinfandel (\$9.90 - \$11.99)** has a slight drier edge.

Though these style of blush wines aren't very complicated they match surprisingly well with most meals — particularly those big holiday spreads that you'll soon be preparing — and appeal to wide variety of palates no matter what the temperature outside.

Prices reflect the range across the country. Some products may not be available in all provinces.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years and travelling the globe looking for something to fill his glass and put into words.



# Health & Beauty

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

## New season, new plan

September is a great time to get serious about fitness

CELIA MILNE  
For Metro Canada

**Phew! Now that the kids are back at school and the end-of-summer chaos is over, it's time for your fall routine to settle in. For optimal health, that routine should include outdoor exercise.**

September is a great time to get serious about fitness, says Sandra Banks, a certified personal trainer in Vancouver.

"As the summer barbecues and patio parties wrap up, there are fewer distractions and fewer temptations. The cooler weather also makes outdoor exercise more pleasant."

As a bootcamp instructor, Banks often gets new clients out to her class in the fall. It's a time of great beginnings. If you are keen to start an exercise program, but are worried about motivation, here are some tips from Banks:

- Put it in writing: If you write it on your calendar and make it part of your regular schedule, you are less likely to skip out on a workout just because you're feeling a little tired.

- Try something new: Take a chance and sign up for something you've never tried before. For example,



Try something new with your fitness routine like rollerblading or join an ultimate frisbee league.

you could join an ultimate frisbee league or take rollerblading lessons. You'll be so busy learning new skills that you'll forget that you're doing exercise!

- Power in numbers: Sign up for a bootcamp or join a run/walk clinic. Or, better yet, recruit some friends and start your own outdoor exercise group. If you're meeting friends,

you'll look forward to working out, and even if you've had a long day, you'll show up because you won't want to let them down.

The benefit of walking or running with friends is bolstered by doing some resistance training and stretching afterwards. The old standbys – push ups, sit ups and squats – are good. If you haven't done these in a while, here are two beginner bootcamp exercises Banks suggests. No equipment is needed – just a park bench:

1) Bench Squat – Stand in

front of the bench facing away from it and start to sit down. Just before your rear end touches the bench, stop and hold for a count of five, then stand up. Repeat 20 times.

2) Bench Push Up – Face the bench. Put your hands on the seat (difficult) or the back (easy) of the bench. Keeping your abs tight and your hips and back straight, bend your elbows to 90 degrees, hold for a count, and then straighten your arms. Your wrists should be in line with your shoulders throughout the movement. Repeat 10 times.

## Single women prefer attached men: Study

The J Spot

Josey Vogels

metronews.ca/thejspot

"I've always had unwritten rules about who you should and shouldn't date. Friends' exes are out, for example. So is asking someone out when you know a girlfriend is already interested in him."

Hitting on a girlfriend's guy when they are already dating is definitely out.

In fact, in my books, hitting on any guy who's already attached or married even if you're not friends with his partner is a no-no. It's just bad karma.

But it seems karma is no match for biology. Ninety per cent of the single women in an Oklahoma State University study on "mate poaching" were more interested in dating a man who was already in a relationship than a single man.

Past psychological studies have shown that some women may try to lure a man away from his current partner, a phenomenon known as "mate poaching." One 2004 study published in the Journal of Personality and Social Psychology suggested that as many as one in five long-term relationships began when one or both partners was already in a relationship with someone else.

But this new study, published in the current issue

of the Journal of Experimental Social Psychology, shows that most single women actually prefer men who are already in a committed relationship.

Men and women were matched with students based on a description of their ideal romantic partner. When researchers described the women's match as single, 59 per cent of the single women in the study were interested in pursuing him. However, when they described the exact same man as being in a committed relationship, 90 per cent of the women were interested. Neither the men nor the already attached women who participated showed this preference.

Dr. Melissa Burkley, an assistant professor of social psychology at Oklahoma State University and one of the researchers behind the study, suggests that the reason behind this is that single women are more interested in pursuing unavailable men possibly because they are more interested in a guy who's already shown he can commit by being in another relationship.

Of course, the study doesn't show that, if you pursue the committed man and he goes for it, he's also clearly capable of breaking that commitment and cheating.

- Would you pursue someone you knew was already attached? Post your answers in the comments section of The J Spot column online at metronews.ca.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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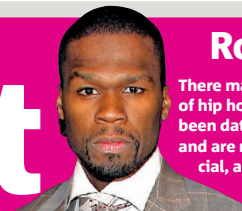


**Thurman, Busson to marry**

Uma Thurman is set to marry her beau, Arpad Busson, with to a gala wedding at London's Kensington Palace sometime next June, according to the Daily Mail. **METRO NEWS SERVICES**

**35**

# Entertainment

**Royal couple**

There may be a new king and queen of hip hop. 50 Cent and Ciara have been dating for more than two years and are now looking to make it official, according to blog All Hip Hop.

METRO WORLD NEWS

EDITOR: DEAN.LISK@METRONWS.CA



Kate Beckinsale stars in the thriller *Whiteout*, which was partially shot in Manitoba.

## Cold one for Kate

Beckinsale braves Canadian winter for *Whiteout*

**NED EHRBAR**  
Metro World News



**FEATURE** Kate Beckinsale has done quite a lot on screen. She's battled fellow vampires in the Underworld films, worked triage while bombs fell in Pearl Harbor and put up with Adam Sandler in *Click*.

But one thing she hasn't done in quite some time is use her real accent. "I'd like to play a character that is English. Maybe something a bit more classical," she says.

Well, she'll have to wait a little bit longer. In her latest film, *Whiteout*, Beckinsale fakes an American accent again, this time

to play U.S. Marshal Carrie Stetko, stationed in Antarctica and charged with investigating the continent's first murder just days before her post shuts down for the daylight-free winter.

Though she's had her share of intense sets, Beckinsale was taken aback by this film's extreme working environment. (Manitoba sat in for Antarctica for exterior shots.)

"It was a lot more intense, really, because we were all worried we were going to die of hypothermia any second," she says.

Not that they weren't prepared.

"When we arrived, they put a small telephone directory under our doors the night before we started shooting saying,

"These are all the different ways it's possible to die here.' Being too cold, or being too hot if you keep your clothes on for too long when you go inside. Or if you've ever had an alcoholic drink, or if you breathe in a westerly direction, you're going to die."

Beckinsale admits she

underestimated the conditions. "I thought, being from England, I know how to handle the cold. But it wasn't anything like that," she says, though the Canadian shooting only lasted a couple of weeks before the production headed indoors.

"I try and make it out like we shot in the cold for a lot longer than we did because it makes me sound a bit more tough," she says.

Aside from wanting to speak in her native accent, Beckinsale has other work aspirations after a few years of action, drama and suspense. "I'd like to do some comedy," she says. "That's what I'd really like to do."

**Whiteout  
opens in  
theatres  
Friday**

**DVD picks****Sugar**

Director: **Anna Boden, Ryan Fleck**

**MOST PEOPLE, NON-FANS** included, believe that the Dominican Republic is an island

baseball haven, with limitless raw talent. The assumption has some factual basis — there's an abundance of players in the major leagues — but the reality is more Darwinian.

Then there's the adage, "It doesn't matter whether you win or lose, it's how you play the game." This, too, doesn't always bear up to the scrutiny of a game where winning is everything, and where often, in the case of injuries, your real character is exhibited in how you cope with not playing.

These are the sour lessons in *Sugar* for Miguel "Sugar" Santos (Algenis Pérez Soto), a cocky kid from San Pedro de Macoris who, at the age of 19, attracts the interest of big-time scouts for his powerful knuckle curveball. He heads to spring training with dreams of milk and honey.

*Sugar* quickly learns there's much more to the game than smoking a hot pitch across the plate.

Written and directed by the Half Nelson team of Anna Boden and Ryan Fleck, *Sugar* is a departure from movies of its kind in quietly observing that life is often a series of base hits rather than grand-slam homers.

**Sin Nombre**

Director: **Cary Joji Fukunaga**

**SIN NOMBRE TRANSLATES** as "without name."

In this drama of fugitive immigrants and gang violence along the U.S.-Mexico frontier, it refers to the characters' anonymous and unwanted status in the U.S., the promised land for many Latin Americans.

Getting stateside requires a combination of stealth and guile for anyone lacking the cash and connections. Character motivations are complicated and completely understandable. Among the film's many revelations is a cast of talented unknowns who stand to become much better known in years to come — which makes the "no name" title seem ironic.

A train drama that is usually the stuff of Bond film fantasy or cheap CGI trickery is rendered with documentary veracity by Adriano Goldman's award-winning camera work, which, like the action, never lets up.

The harsh realities of *Sin Nombre* could be pulled straight from today's headlines. The real source, though, is the heart and mind of writer/director Cary Fukunaga, who exhibits technical skills and life insights not often found in rookie filmmakers. Extras include deleted scenes and a commentary by Fukunaga and producer Amy Kaufman.

Peter Howell/for Metro Canada

## Capitalism for 'good people'

**Michael Moore's says his film *Capitalism: A Love Story* is dedicated to "good people ... who've had their lives ruined by the quest for profit."**

After many a successful debut at Cannes, Moore premiered the film yesterday in his first appearance at the Venice Film Festival. The movie was warmly received at a press showing Saturday evening and won positive

reviews.

Variety called it one of Moore's "best pics."

"I am personally affected by good people who struggle, who work hard and who've had their lives ruined by decisions that are made by people who do not have their best interest at heart, but who have the best interest of the bottom line, of the company, at heart," Moore told reporters.

The film features plenty of examples of lives shattered by corporate greed — but also some inspiring tales of workers who have rebelled.

According to Moore, "the revolt you think I am calling for has actually begun. It began Nov. 4," when President Barack Obama was elected.

The filmmaker is optimistic that unimagined change can happen, citing

the unexpected fall of the Berlin Wall in 1989, and Nelson Mandela's election as the president of South Africa after 27 years in prison for his anti-apartheid activism.

"There are many things that have happened in the last 20 years that are just utterly surprising, so that I now believe anything can happen. People can revolt in good ways."

THE ASSOCIATED PRESS

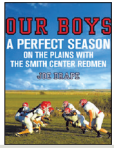


*Capitalism: A Love Story* is the new film from Michael Moore.



Susan Boyle fans are hitting amazon.com to rabidly pre-order Boyle's first CD, which will be released Nov. 24, and she's easily outselling Whitney Houston and the Beatles, Pop Watch reports. **METRO WORLD NEWS**

# Town of brotherhood



## Our Boys

**Authors:** Joe Drape  
**Publisher:** Times Books  
**Price:** \$32.00 (Hardcover)

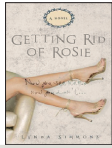
New York Times reporter Joe Drape ventured to Smith Center, Kan., expecting only to pen an article on the small town's highly successful high school football team, the Redmen. But taken by the team's rousing head coach Roger Barta, Drape relocated to the community to write a full novel on the team. What he found was a fostering culture that transcends football, the coach's encouragement and enthusiasm touching players' personal lives and futures. Through this intimate field study, Drape explores how a sports team is both a symbol of the collaborative power of a town.

## BookPicks

## Getting Rid of Rosie

**Author:** Lynda Simmons  
**Publisher:** Berkeley Books  
**Price:** \$17.50 (Paperback)

When Samantha Marcello's best friend stole her fiancé Michael nearly a decade ago, Sam never thought she'd hear from either again. So when Michael stumbles in to the Silver Swan — the pub Sam has tried to busy herself with over the years — she's mutually shocked to learn Rosie died in a car accident and overcome by her nostalgic feelings for Michael. But Rosie won't disappear that easily, returning as a ghost, with whom only Sam can communicate. The past haunts her as Sam must reconcile Rosie and reconnect with Michael, all while maintaining the bar that's been her labour of love.

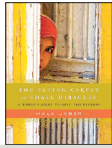


## The Flying Carpet of Small Miracles

**Author:** Hala Jaber  
**Publisher:** Viking Canada  
**Price:** \$32.00 (Hardcover)

Hala Jaber finds the struggles in her private life intertwine with the vocation of her public one in her latest work. After trying unsuccessfully to conceive a child with her husband, the journalist couple relocate to Baghdad to report on the American invasion of Iraq. There, they find themselves honing in on the child victims of war, taking special notice of sisters Zahra and Hawra who are the sole survivors of a bombing that killed their family. Despite the children's physical and emotional injury, Jaber and her husband aim to save them, while raising awareness of the cost of combat on the young.

**BRIAN COULTON/  
FOR METRO CANADA**



# Charger accused in Tila incident

**COURTS** San Diego Chargers star outside linebacker Shawne Merriman was arrested Sunday and accused of choking and restraining his girlfriend, reality TV star Tila Tequila, as she tried to leave his suburban home.

Tequila, 27, signed a citizen's arrest warrant, charging Merriman with battery and false imprisonment, San Diego County Sheriff's Lt. Gary Steadman said. Both are felonies.

Deputies responded about 3:45 a.m. to Merriman's house in Poway, north of San Diego, after a woman called to say she was choked by the player and thrown to the ground when she tried to leave, Sheriff's Department spokesman Jan Caldwell said at a news conference.

Merriman's lawyer, Todd Macaluso, disputed Tequila's story and said he's confident Merriman won't be charged by the District Attorney's Office.

"There was absolutely no wrongdoing on the part of Mr. Merriman," Macaluso told The Associated Press by phone. "He essentially was doing what was appropriate



San Diego Chargers linebacker Shawne Merriman has been accused of choking and restraining reality TV star Tila Tequila.



under the circumstances in trying to protect the safety of Miss Tequila. There were numerous eyewitnesses that will support his version of the events that transpired at his home."

Merriman, 25, also said in a statement late Sunday that he was worried for the safety of Tequila because she appeared to be intoxicated and he didn't want her to drive. He says paramedics who were called to his home reported no injuries to Tequila.

Merriman was taken into custody and booked into the central jail at about 8:30 a.m. He was released

shortly after 11 a.m.

Tequila was taken to a hospital. Her condition was not immediately available.

Caldwell said deputies determined Tequila had been drinking. Caldwell said she wasn't sure if Merriman had been drinking. Macaluso said witnesses he spoke with said Merriman had ordered water three or four times when his group was at a San Diego club before going to his house.

Tequila, whose real name is Tila Nguyen, is best known for A Shot at Love with Tila Tequila, which ran for two seasons on MTV. **THE ASSOCIATED PRESS**

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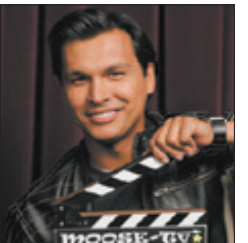


HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
9/8/09	31	31	31	ABC News Center 5	ABC World News	Inside Edition	Chronicle	Shark Tank		Shaq Vs. (HDTV) (N)		Primetime
	7	7	7	ASN The Road to Avonlea	Jeopardy!	Degrassi: TNG	TMZ (N)	America's Got Talent		America's Got Talent (HDTV) (Live)		
	11	11	11	CBC Wheel-Fortune	Uniton-force	Rick Mercer	22 Minutes	Being Erica (DVS)		CBC News: The National		The Hour
	2	2	2	CBC-F Pyramide (SC)	The Insider (N)	Virginie (SC)	La Factice (N)	Providence (N) (SC)		Aveux (N) (SC)		Le Téléjournal
	32	32	32	CBS WBZ News (N)	Evening News	The Insider (N)	Entertainment	NCIS: Semper Fidelis		(10:01) Big Brother 11		The Mentalist
	69	69	69	CFTM TVA 18 heures	Sûreté-salé	Qui perd gagne (SC)		Caméra café		La Promesse (N) (SC)		TVA 22 heures
	6	6	6	CHIF Entertainment	ET Canada	Bones (HDTV PA)		NCIS: Semper Fidelis		(10:01) Big Brother 11		News Final (N)
	9	9	9	CJCH etalk	Hollywood	So You Think You Can Dance Canada		Top 16 (N)		Flashpoint (DVS)		CTV News
	10	10	10	ELTV (6) EastLink Magazine				Podium TV		EastLink Television		
	36	36	36	FOX Seinfeld	The Simpsons	Two/Half Men	Two/Half Men	Heil's Kitchen (PA) (N)		More to Love (N)		Fox First
	12	12	12	NBC News (N)	NBC News	Hollywood	Extra (N)	America's Got Talent		America's Got Talent (HDTV) (Live)		
	29	29	29	NW World News	Business	CBC News	Mansbridge	CBC News: Tonight		CBC News: The National		School
	4	4	4	PBS-B NewsHour With Jim Lehrer	Greater Boston	La Plaza-Maria		Nova (DVS)		Nova (DVS)		Nova
	35	35	35	PBS-D NewsHour With Jim Lehrer	Business Rpt.	Worldfocus		Nova "This Old Pyramid"		The Mystery of Chaco Canyon		TBA
	68	68	68	TQS Guerre clans	Wipe Out	Bienvenue	Rire et délire	La Verité choc		Pratique privée (SC)		Wipe Out
	23	23	23	BNN Business News	Headline	Market Call	Commodities	Workopolis TV		Business News		Market Call
	18	18	18	CNN Situation Room-Wolf Blitzer	Lou Dobbs Tonight			Campbell Brown (N)		Larry King Live (N)		Cooper 360
	54	54	54	GOLF Golf Central	Top 10	Lessons	Inside PGA	The Approach		Top 10		Arnold Palmer: Golf's Heart and Soul
	52	52	52	RSE Connected W-Prime Time		MLB Baseball Baltimore Orioles at Boston Red Sox		From Fenway Park in Boston.				Sportsnet Con.
	55	55	55	SCOR Morency	Cabby Unlimit	Score Today		X-Fighters		Top 10		24/7
	45	45	45	SPD Unique Whips		Pimp My Ride	Pass Time	Monster Jam (HDTV)		Super Bikes!		Super Bikes!
	53	53	53	TSN Off the Record	SportsCentre	Tennis U.S. Open - Men's Round of 16 and Women's Quarterfinals		(HDTV) (Live)				Jacked!
	43	43	43	FAM Zoey 101	Life Derek	Wizards-Place	Han, Montana	Zack & Cody		Latest Buzz		Wizards-Place
	44	44	44	TOON Jimmy Two	Johnny Test	Scooby-Doo	Total Drama	6TEEN		Futurama		King of the Hill
	26	26	26	TREE Wonder Pets	3rd and Bird	Backyardigans	Night Grdn	Waybuloo		Franklin		Little Bear
	27	27	27	YTV iCarly	iCarly	Drake & Josh	Prank Patrol	Malcolm-Mid.		Hates Chris		8 Simple Rules
	16	16	16	A&E CSI: Miami (HDTV)		Criminal Minds (HDTV)		The First 48 (HDTV)		The First 48 (HDTV) (N)		The Cleaner
	70	70	70	APTN APTN National News (N)		Fish Out of	Mixed Blessing	Cashing In		Rabbit Fall		First Nation
	50	50	50	BET 106 & Park: BET's Top 10 Live "Dr. Roxanne Sharpe"				Get Schooled		The Game		The Game
	37	37	37	BRVO Wind at My Back		The Long Song (DVS)		Live at the Rehearsal Hall		Five Days in September: Rebirth		Rebirth
	25	25	25	CMT Cross Canada Countdown "Big Valley Jamboree"		Al Farce	22 Minutes	Home Improve.		Home Improve.		Reba
	49	49	49	COM Just for Laughs		World's Wildest Police Videos		Cornier Gas		Name Is Earl		The Simpsons
	153	153	153	COURT Killer Next Door		Daily Planet (N)		Cops Uncut		Dumb Criminal		Moment of Impact 2
	38	38	38	DISC Destroyed	Destroyed	House Hunters	Property Virgin	How It's Made		How It's Made		Destroyed
	34	34	34	HGTV Holmes on Homes		Ancient Discoveries		One Tree Hill		My Date With...		Video on Trial
	46	46	46	HIST Ultimate Engineering		The Daily Fix		Ranked!				Wild 'n Out
	17	17	17	MMT mmtop10.ca								Wild 'n Out
	201	201	201	M1 Nights-Rodini		(7:45) Indiana Jones and the Kingdom of the Crystal Skull		(2008)				The Wrestler *** (2008, Drama)
	48	48	48	QLN Mantracker		Ghost Hunters		Dog the Bounty Hunter		Survivorman		Ghost Hunters
	51	51	51	PEACH Seinfeld		Friends	Family Guy	House-Payne		House-Payne		Old School ** (2003, Comedy)
	206	206	206	PIX (5) Malcolm X (1992, Biography)		Cold Comfort **		(1989, Suspense)				Austin Powers: International Man of Mystery
	67	67	67	RDI RDI monde		24 Heures en 60 minutes		Grands reportages (SC)				Le Téléjournal (SC)
	39	39	39	SHOW Trailer Park		The Outer Limits		Storm Call (2008, Drama) Mimi Rogers				RDI économie
	40	40	40	SLICE Skin Deep		Rich Poor	Rich Poor	Wedding SOS		Wedding SOS		Wedding SOS
	47	47	47	SPACE Stargate SG-1 (DVS)		Stargate Atlantis		Star Trek: Voyager		Star Trek: Voyager		Woodwork
	14	14	14	SPIKE UFC Unleashed		UFC Unleashed		Get Schooled		UFC: Access		UFC Unleashed (N)
	98	98	98	STAR etalk		Hollywood		TMZ (N)		etalk		Look-A-Like
	21	21	21	TLC What Not to Wear		Ultimate Cake Off		Jon & Kate		Jon & Kate		18 Kids-Count
	34	34	34	TROP Prod. Parker		Prod. Parker		The Outer Limits		ET Canada		Switch
	20	20	20	TVS Que-champion		Journal de Fr2		Sur les pas de Jules Verne		Sur les traces de héros de Verne.		Expression
	28	28	28	V Mysterious Ways		Murder, She Wrote		Bliss-Father		Dinner Ladies		Quantum Leap
	97	97	97	VIVA Da Vinci's Inquest		Judging Amy		Missing A judge is blackmailed.		The Closer "Mom Duty"		Da Vinci Inquest
	22	22	22	W House-Sell		Style by Jury		Friends		Grocery Bag		Style by Jury
	251	251	251	WGN Be-Millionaire		Evening News		Two/Half Men		Family Guy		90210 (N)
												Melrose Place "Pilot" (N)
												WGN News

## critics' corner

### Moose TV

No, it's not all shows about moose. Adam Beach ("North of 60") stars in this half-hour drama as George Keeshing, who returns to his tiny northern hometown of Moose and discovers an abandoned television studio. He brings it back to life, which brings big changes to the town as old secrets are revealed and old baggage is unpacked. 10:30 PM on APTN



### Live at the Rehearsal Hall

In the 2006 broadcast "Bruce Cockburn," the veteran singer-songwriter christens the newly renovated interior of the Queen Street Rehearsal Hall with a show that includes old favorites and selections from his instrumental album "Speechless." He also talks with host Bill Welychka about his long career. 9 PM on BRVO

### The Cleaner

A former client and undercover narc for the FBI calls on William (Benjamin Bratt) to save his drug-addicted girlfriend, who happens to be the daughter of a powerful Mexican drug dealer. William finds himself in over his head, though, when dealers threaten his family and team as they look for a cache of drugs stolen by the former client. Danay Garcia, Will Estes and Graham Beckel guest star in the new episode "Crossing the Threshold." 11 PM on A&E



# Romance wraps up for Jen and Gerard?

Now that Jennifer Aniston has wrapped shooting on *The Bounty* with Gerard Butler, sources tell Page Six she's worried things will cool off now that the two are going their separate ways. The pair have denied a romance. **METRO WORLD NEWS**



## Celebrity Buzz

### Director Bay a tyrant: Fox

**UNGRATEFUL?** Megan Fox continues her parade of outrageous quotes about life in Hollywood, this time complaining about director Michael Bay, who made her famous with his *Transformers* films. "He's like Napoleon and he wants to create this insane, infamous mad-man reputation," Fox told *Wonderland* magazine. "He wants to be like Hitler on his sets, and he is. So he's a nightmare to work for." She even suggests he endangered the lives of her and co-star Shia LaBeouf. "Shia and I almost die when we make a *Transformers* movie. He has you do some really insane things that insurance would never let you do," she said. **METRO WORLD NEWS**



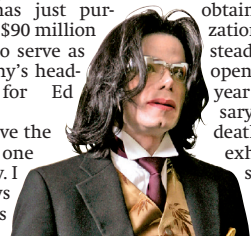
### Jonas Bros on the move

**ATTN: STALKERS** The Jonas Brothers have upgraded their Texas digs, purchasing a six-bedroom, \$2.8-million US home in the Dallas suburb of Westlake, according to the *Dallas Morning News*. While the family band spends most of its time in Los Angeles, they've kept a home in the Dallas area for years. New neighbours include former Dallas Cowboys quarterback Drew Bledsoe, major leaguer Mark Teixeira and former British Open champion Brian Watts. **METRO WORLD NEWS**



### Neverland sold to designer

**REAL ESTATE MOGUL** Michael Jackson's beloved Neverland Ranch reportedly has a new owner. According to AFP, designer Christian Audigier has just purchased the \$90 million US estate to serve as his company's headquarters for Ed Hardy. "I can have the house in one month now. I get the keys two weeks from today," Audigier said in an interview. Though he'd originally planned to turn the ranch into a museum, he hasn't obtained the authorization to do so. Instead, Audigier will open the doors each year on the anniversary of Jackson's death and organize exhibits and shows. **METRO WORLD NEWS**



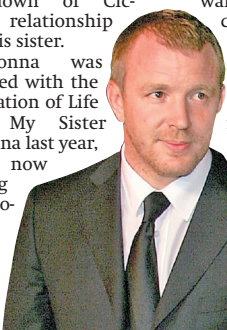
### Björk's marriage on the rocks?

**RUMOUR MILL** Music and art world gossip-mongers are getting worked up over word that Björk and artist Matthew Barney might be splitting up. Gawker.com points out that they just purchased a house in Brooklyn Heights without unloading either their downtown Manhattan apartment or their Long Island home. While the sluggish real estate market could explain the lack of sales, others speculate that Barney's working relationship with fellow artist Elizabeth Peyton may have crossed the line from professional to personal and may have come between the married couple. None of the parties involved commented on the rumours. **METRO WORLD NEWS**



## Madonna mending rift?

**TIME HEALS** Madonna is making moves to reconcile with her brother, female-first.co.uk reports. The singer fell out with Christopher Ciccone over a tell-all book he wrote about the star, which alleged her then-husband Guy Ritchie was a homophobe and that Ritchie was to blame for the breakdown of Ciccone's relationship with his sister. Madonna was outraged with the publication of *Life With My Sister* Madonna last year, but is now making steps toward speaking with her brother again and has sent him tentative emails. A source told Britain's Sunday Mirror newspaper: "Madonna did it more for her family than for herself. Her feud with Chris was creating huge tension within the family so she decided to be the bigger person." "At one point Madonna wanted all the family to cut off Chris — but her father wasn't willing," the source added. "It's been a nightmare ever since. She's calmed



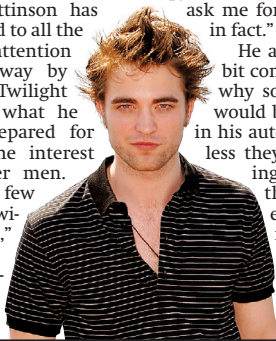
### Rumer dreams of parents' reunion

**FANTASY** Rumer Willis, whose own acting career is taking off, would like to get her parents back together — onscreen, at least. "You know I'd really love that," Willis mused to *People* about co-starring in a project with dad Bruce Willis and mom Demi Moore. **METRO WORLD NEWS**



### Robert's many male fans

**NOT THE USUAL FANBASE** Spy. "More and more guys ask me for autographs in fact." He admits he's a bit concerned as to why so many men would be interested in his autograph. "Unless they're only doing it to sell them on eBay," he muses. Robert Pattinson has grown used to all the female attention sent his way by rabid *Twilight* fans, but what he wasn't prepared for was all the interest from other men. "There's a few male *Twilight* fans," Pattinson said, according to *Showbiz*. **METRO WORLD NEWS**



### Celebrity tweets

Danny Masterson has high hopes for his anniversary, and Courtney Love reflects on her career before music.   
 • @dannymasterson 5 year anniversary for me and the lady 2day..... Hoping to get to 2nd base!   
 • @Courtneylover79 i suppose a lot of people have been reduced to such circumstances. thank god i worked with my hands on wardrobe on films most of my nascent life, and when i did strip i just worked that pole and played loads of guitar.   
**METRO WORLD NEWS**



### Rihanna's got a new boyfriend?

**MOVING ON** Rihanna has been spotted around Los Angeles with Travis London, who was previously linked to Mary-Kate Olsen, according to *Gatecrasher*. "They were very silly and touchy-feely. She looked like she was having a really good time," said a source of the pair. **METRO WORLD NEWS**



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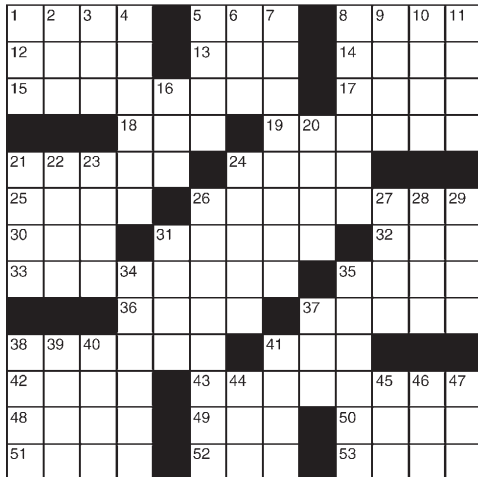
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## Take Five

For more delicious Metro recipes, visit: [metronews.ca/food](http://metronews.ca/food)

## Sudoku

For more/less challenging Sudoku puzzles, visit [metronews.ca](http://metronews.ca)

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



## ACROSS

1 Philandering sort  
5 — Khan  
8 Tablespoonful, maybe  
12 Right on the map?  
13 Gist  
14 State with conviction  
15 Parentheses' kin  
17 Vast  
18 Chop  
19 Beauty pageant adornments  
21 Refuge  
24 Proscribes  
25 Yale students  
26 Uncomplimentary remark  
30 Scooted  
31 Where the action is  
32 Tramcar filler  
33 Crashing waves  
35 Tatters  
36 Prejudice

37 Pack to the future?  
38 Insist on  
41 Anti  
42 Grand story  
43 Part of NYC  
48 Lima's land  
49 — "Town"  
50 Stead  
51 Unisex shirts  
52 Deleted  
53 Greek vowels

## DOWN

1 CSA soldier  
2 Rowing need  
3 "Born in the —"  
4 Engraves  
5 From the top  
6 Eviscerate  
7 Doesn't vote  
8 Upholstery fabric  
9 Finished  
10 Video-game name  
11 Eventful periods  
16 Trivia whiz  
Jennings  
20 Oldster from

48-Across  
21 KFC additive  
22 Winged  
23 Tarzan's transport  
24 Fox and Rabbit of literature  
26 Size comparative, once  
27 Sow's mate  
28 Jason's ship  
29 Criterion  
31 Related  
34 Erstwhile calculator  
35 Irritate  
37 Excessively  
38 Subdivision (Abbr.)  
39 Duel tool  
40 Muck's partner  
41 String  
44 Regret  
45 Set afire  
46 Verily  
47 Greek consonants

## PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



5	7	9	6	1	3	8	2	4
3	6	4	5	2	8	7	9	1
2	1	8	9	7	4	6	5	3
9	2	6	8	5	1	3	4	7
8	4	5	7	3	6	2	1	9
7	3	1	2	4	9	5	8	6
4	5	2	1	6	7	9	3	8
6	8	3	4	9	2	1	7	5
1	9	7	3	8	5	4	6	2

## On the web

For more games and 60 additional daily cartoon strips, visit [metronews.ca](http://metronews.ca)

## Metro Recipe of the Day



## Sweet and Smoky Chicken Legs

## INGREDIENTS:

2 medium onions, sliced  
3 lbs (1.4 kg) chicken legs  
1 1/2 to 2 tsp (7 to 10 ml) hickory smoked salt  
1/2 cup (125 ml) ketchup  
1/2 cup (125 ml) maple syrup  
1/4 cup (50 ml) vinegar  
2 tbsp (25 ml) prepared mustard

## METHOD:

1. Place onions in greased 13-in. x 9-in. x 2-in. (33 cm x 23 cm x 5 cm) baking dish; arrange chicken in

single layer over onions. Sprinkle with salt.  
2. Combine remaining ingredients and pour over all, completely coating chicken.  
3. Bake, uncovered, at 350 F (180 C) 1 hour or until juices run clear, basting several times.

SERVES 6

rd.ca

For nutritional information on this and other great recipes, go to [rd.ca](http://rd.ca) or check out Key Ingredients in this month's Reader's Digest, on newsstands now!

Horoscopes by Sally Brompton [sallybrompton.com](http://sallybrompton.com)For Sally's expanded daily and weekend horoscopes, visit [metronews.ca](http://metronews.ca)

## ARIES

MARCH 21-APRIL 20



Some people have a way of getting under your skin, but if you stay calm and refuse to react to their stupidity you will feel better.

## LIBRA

SEPT 23-OCT 23



You may not like making difficult decisions but today's Venus-Pluto aspect will help you push your emotions to one side and do what has to be done.

## TAURUS

APRIL 21-MAY 21



Do whatever it takes to stay on good terms with partners and colleagues, because if you fall out now you may regret it later.

## SCORPIO

OCT 24-NOV 22



Being such a can-do person others are always approaching you to help them out in some way, but time is limited at the moment.

## GEMINI

MAY 22-JUNE 21



A family or financial issue must be resolved — not tomorrow or the day after but now. Today's cosmic alignments will make it easy for you to work things out.

## SAGITTARIUS

NOV 23-DEC 21



You'll be on an ultra tight schedule today, so if you had planned to take some time off over the next 24 hours you had best put them on hold.

## CANCER

JUNE 22-JULY 22



Get your head out of the clouds and start thinking along more practical lines. Pluto in your opposite sign of Capricorn will compel you to recognize truths.

## CAPRICORN

DEC 22-JAN 20



Aim to accomplish something memorable today, something that brings you to the attention of the right kind of people.

## LEO

JULY 23-AUG 23



You have never been the sort to dwell on what might have been. As far as you are concerned what's done is done and cannot be undone.

## AQUARIUS

JAN 21-FEB 18



Certain people may be annoying but don't let them drag you down to their level. If you cannot adopt a positive attitude then just remove yourself.

## VIRGO

AUG 24-SEPT 22



With the Sun transiting your birth sign you are determined to accomplish great things, and so you shall.

## PISCES

FEB 19-MARCH 20



The planets promise that although things may be tough for you at the moment they will be much better in the long-term.

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## WORDY GURDY®

BY TRICKY RICKY KANE

Every answer is a rhyming pair of words (like FAT CAT and DOUBLE TROUBLE), and they will fit in the letter squares. The number after the definition tells you how many syllables in each word.

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- Timid secret agent (1)
- Publicly avoid Attila, for one (1)
- Reduce the size of a chain part (1)
- Jersey coast Sears or Kmart (1)
- Movie ogre's restaurant bills (1)
- Small Jewish town's tin and copper (2)
- Wool-razoring evidence-listening session (2)

ANSWERS: 1. SHY SHY 2. SHUN SHUN 3. SHRINK LINK 4. SHORE STORE 5. SHREKS CHECKS 6. SHITTEL'S METALS 7. SHEPARD HEARING 8. SHIRTS 9. SHIRTS



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# AIR CANADA VACATIONS



## Phoenix via Toronto

**Hilton Garden Inn • 3 ★**  
Breakfast • Standard rm.  
Sept. 23 & 26 • 3 nts.

**\$699**

Taxes & other fees  
(including service charges): \$142

**Carefree Resort & Villas • 3 ★**  
Resort rm.  
Sept. 23 & 26 • 3 nts.

**\$729**

Taxes & other fees  
(including service charges): \$142

## DEALS of the WEEK

### Cayo Coco / Cayo Guillermo via Toronto

**TRYP Cayo Coco • 4 ★**  
All-Inclusive • Standard rm.  
Sept. 12 - 26 • 1 wk.

**\$569**

Taxes & other fees  
(including service charges): \$213

### Punta Cana via Toronto

**Occidental Grand  
Punta Cana • 4 ★**  
All-Inclusive • Junior suite  
Sept. 12 - 26 • 1 wk.  
Upgrade to the Royal Club luxury  
room for only \$229 per person

**\$659**

Taxes & other fees  
(including service charges): \$323

### Samana via Toronto

**Gran Bahia Principe  
El Portillo • 4 1/2 ★**  
All-Inclusive • Standard rm.  
Sept. 20 & 27 • 1 wk.

**\$699**

Taxes & other fees  
(including service charges): \$323

### Jamaica via Toronto

**Sunset Jamaica Grande  
Resort & Spa • 4 ★**  
All-Inclusive • Oceanview rm.  
Sept. 10 - 13, 15 - 18 & 22 - 30  
1 wk.

**\$749**

Taxes & other fees  
(including service charges): \$267  
Please add \$50 for Sat. & Sun. departures

### Cancun / Riviera Maya

**Grand Oasis  
Viva Beach • 3 1/2 ★**  
All-Inclusive • Oceanview rm.  
Feb. 14 & 21 • 1 wk.

**\$1099**

Taxes & other fees  
(including service charges): \$260

### Las Vegas via Toronto

**Circus Circus  
Hotel & Casino • 3 ★**  
Hotel rm.  
Oct. 26 • 3 nts.

**\$499**

Taxes & other fees  
(including service charges): \$190

### Barbados via Toronto

**Beach View • 3 ★**  
1-bedroom suite  
Oct. 6 - 22 • 1 wk.

**\$1299**

Barbados Freedom Package included<sup>1</sup>  
1 night FREE  
Based on Tues. - Thurs. departures

## DEAL to EUROPE

### London

**Royal National  
Hotel London • 3 ★**  
Breakfast • Standard rm.  
Oct. 4, 10, 15, 18 & 22  
4 nts.

**\$597**

Taxes & other fees  
(including service charges): \$393

## DEAL on CRUISES

### Royal Caribbean International<sup>2</sup> EARN 2,500 BONUS AEROPLAN MILES PER MEMBER<sup>3</sup>

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(including service charges): \$216

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